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# Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXVIII, Issue No. 149

www.saipantribune.com

MONDAY JULY 30, 2018

www.facebook.com/saipantribune

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By ERWIN ENCINARES  
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REPORTER

**D**elegate Gregorio Kili C. Sablan (Ind-MP) announced Friday his introduction of a bill in U.S. Congress that seeks to provide a CNMI-only immigration status to long-term foreign workers—called legacy workers—in the CNMI.

In a statement from his office, Sablan said that his H.R. 6578 would provide a CNMI-only status to long-time foreign workers in the CNMI and, ultimately, a pathway to U.S. citizenship after five years.

While the bill was not readily available for *Saipan Tribune's* review on the U.S. Congress website, Sablan noted in his statement that the bill is

**See KILILI on Page 4**

## CNMI employers have new energy

By BEA CABRERA  
beacabrerasaipan@gmail.com  
CORRESPONDENT



Cachero

Palpable hope and energy radiated from the Society of Human Resources Management's membership meeting last Thursday after the anticipated

CW bill was signed into law by President Donald Trump last July 24, 2018.

**See CNMI on Page 4**

## Kilili bill pushes CNMI-only status for 'legacy workers'



### TŌRŌ NNAGASHI CEREMONY

Members of the Japanese Sanpoen group and other volunteers form a human chain in putting the lanterns in the water in last Saturday's Tōrō Nnagashi ceremony, which is based on the Japanese belief that the lanterns will help guide the spirits of the dead to the other world.

JON PEREZ

**See story on Page 2**

## IPI intends to request for extension

By ERWIN ENCINARES  
erwin\_encinares@saipantribune.com  
REPORTER

Imperial Pacific International (CNMI) LLC has informed the Com-

monwealth Casino Commission that it intends to talk about its construction deadline with the Lottery Commission since it does not expect to meet the Aug. 31, 2018, deadline of

the casino resort in Garapan.

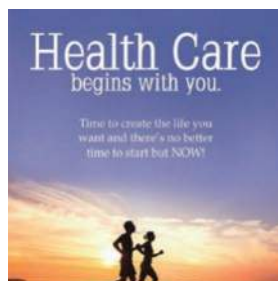
In a July 23, 2018, letter to Commonwealth Casino Commissioner executive director Edward Deleon Guerrero, IPI informed the commis-

sion that it is unable to meet the Aug. 31, 2018, deadline to build the Imperial Pacific Resort and that it intends to ask for an extension on the already adjusted construction deadline for a second time.

According to section 635(d) of the

**See IPI on Page 4**

## INSIDE



### SUPPLEMENT

*Saipan Tribune* comes today with a supplement insert called "Health Care Begins With You."

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### WORLD

Palestinian protest icon Ahed Tamimi returned home to a hero's welcome.

**PAGE 26**



### LIFE & STYLE

Even in 2018, the exuberant nudes of Peter Paul Rubens paintings are still jolting the internet.

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## Local

# Group honors WWII fallen in lantern ceremony

By FAHIM UDDIN  
fahimuddin489@gmail.com  
REPORTER

The Sanpoen Japanese group  
lit up about 300 lanterns last



JON PEREZ

A lantern floats at sea in last Saturday's Tōrō Nagashi ceremony by the members of the Japanese Sanpoen group.

Saturday evening at the Hopwood Middle School beach to pay homage to Japanese soldiers who perished during World War II.

Before lighting the candles, Japanese priest and coordinator Kamsho Kayaki performed a 30-minute prayer alongside Saipan Mayor David M. Apatang.

Afterwards, the mayor's staff members and the around 30 Sanpoen Japanese students formed a human chain starting from Hopwood's beachside gate to the shallow level of the beach. Each

one then carefully passed down a lantern to the person next to him or her for the Tōrō Nagashi ceremony. This is based on the Japanese belief that the lanterns will help guide the spirits of the dead to the other world.

A minor issue occurred when the wind pushed the lanterns to the right side of the sea, making them float back to the shore. A second attempt a few minutes later succeeded.

The mayor staff served dinner to everybody that attended the occasion.

According to Apatang, the

mayor's office staff and Sanpoen group toured historic Japanese sites from 10am to 1pm before the ceremony. These included visits to Suicide Cliff, Banzai Cliff, and the Last Command Post.

Mayor's office special assistant Henry Hofschneider said the lantern ceremony is intended to promote peace.

The Sanpoen Group has been visiting Saipan for 40 years. Kayaki said they keep coming back to Saipan to honor their countrymen who sacrificed themselves during the war. He hopes to return to Saipan next summer.



## NMSA LOTTERY RESULTS

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## McFun 5K reset to Aug. 11

Rotary Club of Saipan's 4<sup>th</sup> Annual McFun 5K Run will be held on Aug. 11, according to president elect Marcia Ayuyu.

The event was originally set for last Saturday, but was reset to a later date to better prepare for it.

The run is along the pathway from the Carolinian Utt in Garapan to the turnaround at Star Water.

Rotary Club president Greg Borja said he wants this year's event to surpass the

300 runners that took part in last year's McFun Run

People interested to join can get registration forms at McDonald's Saipan's main office in Dandan, Megabyte, and NMIPASI. Registration begins at 5:30am and ends at 6:15am.

Prizes will be presented to the top finishers and refreshments will be served to participants. The first 100 registrants will be given free T-shirts. (Fahim Uddin)

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## K-pop group BTS visits Saipan

By **FAHIM UDDIN**  
fahimuddin489@gmail.com  
REPORTER

The world-famous K-pop group BTS Boys visited Saipan last month for their 2018 annual summer package.

One of the group's members,

Jungkook, released a video in the Golden Closet Film series showing the group taking part in activities on Saipan.

The group, also known as Bangtan Boys, were shown running on the shore, swimming at the Grotto, having ad-

ventures in the jungle aboard ATVs, and just breathing in the beach atmosphere.

Every summer, the group would go to places such as Japan, the United States, and Switzerland to promote what has become traditionally their

"summer package."

On Instagram, they have almost 12 million followers. On Twitter, the group has 15 million followers.

In the video preview, BTS members were seen swimming at the Grotto, driving around San Roque, aboard ATVs, and interacting with the tame sting-rays of Seatouch.

BTS became world-famous with their album, *Love Yourself: Tear*, which made history as the first K-pop group to top the Billboard chart.

Aside from Jungkook, other members of the group are Jin, Suga, J-Hope, RM, and Jimin.

According to Wikipedia, BTS is a seven-member South

Korean boy band formed by Big Hit Entertainment. They debuted on June 12, 2013 with the song "No More Dream" from their first album 2 Cool 4 Skool. They won several New Artist of the Year awards for the track, including at the 2013 Melon Music Awards and Golden Disc Awards and the 2014 Seoul Music Awards.

## 'Developers find creative ways to fill workforce gaps'

By **JON PEREZ**  
jon\_perez@saipantribune.com  
REPORTER

House Commerce and Tourism Committee chair Joseph Leepan T. Guerrero (R-Saipan) said developers have found creative ways with their projects due to the lack of manpower that would supply the island's growing construction needs.

Guerrero said each hotel facility is a different type of structure that is engineered to fit the developer's needs. In one case, he said the developer of Saipan Globe

Hotel "brought in engineers from the U.S. and China to develop a new type of building hotels using steel."

"They are fabricating...but these are not actually container homes because, by specifications, they are bigger than ordinary hotel rooms. Most hotel rooms are between 27 to 35 square footage. These exceeded that number, I think by 30 to 40 square footage."

He added that SGH is using prefabricated materials that are pre-engineered and designed by a U.S. company, which was also used by some

developers in the U.S. mainland. "The product itself is beyond expectations. This is forthcoming and I hope [SG] would reveal its hotel project in the coming months as they move further forward."

The move toward creative construction arose after the CNMI encountered problems with its labor force in the past few months due to the CNMI-Only Transitional Worker program numerical cap set at 4,999 by U.S. Citizenship and Immigration Services for fiscal year 2019. The recent signing of the NMI Workforce Act

that would increase the cap to 13,999 and extend the program to 2029 will supersede that.

The casino portion of Imperial Pacific Resort is now in full operation, but its hotel is still being completed after construction was stopped as they were hit with labor issues following the discovery of tourists working at the construction site.

American Sinopan is building the Saipan Garden Resort in Tanapag, New Century Hotel LLC would convert the former Sebastian Building into a 48-room hotel, Bridge Capital plans to redevelop the former Plumeria Resort, Saipan

Globe Hotel is constructing its own facility in San Roque while Honest Profit's project is nearing completion.

Guerrero said that American Sinopan's 1,200-room Saipan Garden Resort, a six-story building, will be using precast materials with all the cement work pre-assembled in China.

"It will be brought in by units and put together like Lego [blocks]. That's how it is. Most of these projects are due to the unavailability of construction workers. They have to come up with other ideas on how to build because the absence of construction workers makes it difficult on their part

to build here on Saipan."

"They decided that we could have the building done using precast technology, which has been improved to sustain typhoon and earthquake. They have done this engineering in China," added Guerrero, who has visited one of the plants of prefabricated materials in Shanghai.

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# Nominations sought for Bridge of Light award

The Northern Marianas Coalition Against Domestic & Sexual Violence is now accepting nominations for the 2018 Bridge of Light Award.

The award is given each year to honor the accomplishments and sacrifices of one extraordinary individual who has worked diligently to provide

safety for the community, to work to end domestic violence and sexual assault, and to be a "Bridge of Light" for victims and survivors in the CNMI.

The nominee may be a service provider, representative, or volunteer at one or more eligible agencies, organizations or offices in the CNMI, and

who has been there for a minimum of one year. The nominee must also show dedication and effort in the areas of leadership, service, advocacy for victims, prevention, community education or mobilization, and resource development.

To submit nominations, forms may be submitted on-

line through [https://www.surveymonkey.com/r/?sm=TMcex24n4UeX0BITmgl n5w\\_3D\\_3D](https://www.surveymonkey.com/r/?sm=TMcex24n4UeX0BITmgl n5w_3D_3D), or hard copies may be submitted to the NMCADSV office in Springs Plaza in Gualo Rai next to New XO Market during hours of operation (Monday through Friday, 9am to

3pm). Nomination forms are also available for pick up at the NMCADSV office, or may be emailed upon request through [angelyn@endviolencenmi.org](mailto:angelyn@endviolencenmi.org).

The deadline to submit completed nomination forms is 5pm on Thursday, Sept. 6, 2018.

Note that nominees will be considered for the 2018 Bridge of Light Award based only on information reflected on the completed nomination form. Therefore, those submitting nomination forms are strongly encouraged to be detailed and thorough.

The recipient of the 2018 Bridge of Light Award will be announced during the upcoming Domestic Violence

Awareness Month proclamation signing ceremony in October.

Past recipients include Department of Public Safety officer Flora Aguon, Karidat Social Services executive director Lauri B. Ogomoro, Division of Youth Services social worker Mildred W. Sikebert, Karidat Social Services' counselor Elaine C. Dela Cruz, and most recently, Ayuda Network Inc.'s executive director Diana Camacho.

For additional information or inquiries, contact the Northern Marianas Coalition Against Domestic & Sexual Violence at (670) 234-3878 or email [info@endviolencenmi.org](mailto:info@endviolencenmi.org). (PR)

## Senator urges Civil Service to change military leave rules

By ERWIN ENCINARES  
[erwin\\_encinares@saipantribune.com](mailto:erwin_encinares@saipantribune.com)  
REPORTER

A Tinian senator is urging the Commonwealth Civil Service Commission to change its regulations pertaining to leave of absences given to personnel in the military.

Sen. Jude U. Hofschneider (R-Tinian), in a letter to CNMI Civil Service Commission chair Felicitas Abraham and Office of Personnel Management director Isidro Seman, urged the commission to adjust its regulations to authorize military leave for government employees who are on permanent, probationary, or term limit status.

Hofschneider noted he has

caught wind of a newly hired employee who requested for military leave but got denied because he was still on his three-month probation.

"The CNMI's policy should be to wholeheartedly support our government employees who are also members of the United States military, especially when they are deployed overseas to fight or for their mandatory annual military training," Hofschneider wrote.

Only government employees who are permanently employed are given paid or

unpaid leave as a benefit, unlike employees who are under probation.

Hofschneider added that since the employee or the employer could dictate when an employee is deployed for military training, the CNMI employer must authorize the military leave, regardless of the employee's status with the employer—whether permanent, under probation, or on a contractual basis.

Through the same letter, Hofschneider suggests that regulations be amended, specifically NMI Admin-

istrative Code section 10-20.2-620(i), or the clause that provides military leave to permanent government employees exclusively, to also allow probationary government employees and term-limit status employees the same benefit.

"The...amendment to the personnel regulations will solidify the CNMI government's support of our government employees who are also military services members. The CNMI must do its part in supporting our military and the requested amendment is a small token of how we can support our military service members," said Hofschneider.



Hofschneider

## KILILI

From Page 1

intended to care for the gradual decrease in the number of available CW permits—the work permits of CNMI foreign workers—as the fiscal years go by.

According to the recently passed Public Law 115-218, which was U.S. Rep. Rob Bishop's (R-UT) H.R. 5956, the CW-1 cap for fiscal year 2019 would start off at 13,000 and would be lowered by 500 slots annually from fiscal year 2020 to fiscal year 2022 and 1,000 annually from fiscal year 2023 to 2029, or the end

of the program.

"...We have to start preparing for the gradual decrease in the number of CW permits over the next 10 years," said Sablan in his statement. "The new NMI Workforce Stabilization Act [H.R. 6578] does that. It gives legacy workers permanent status so they will not need CW permits and they and their families can become full members of the community."

According to the statement, H.R. 6578 would be the "first of a series of bills" Sablan plans to introduce in the upcoming 116<sup>th</sup> Congress.

One such legacy worker, who prefers to be called only as Joy, welcomes the proposal.

Although Sablan's statement did not specifically determine that the NMI-only status would be as a green card, Joy remains optimistic that some type of "improved status" is on the way.

She has worked in the NMI for 17 years.

Joy never aspired for a green card or U.S. citizenship as she plans to eventually go home to the Philippines as her parents are there, but she noted that fearing for her job every year has not been not helpful.

"[It's good to have] assurance to continue working on Saipan while helping my family in the Philippines with a better working permit," she

said. "Every year, every renewal, I fear that my job with my employer would be filled by a U.S. eligible worker or another applicant who got lucky in the CW-1 permit processing."

Gov. Ralph DLG Torres declined to comment on the bill, saying he wishes for more time to review the bill before providing a statement.

This is not the first time an improved immigration status was proposed for the CNMI's legacy workers. The Department of the Interior's Office of Insular Affairs even recommended it. But the proposal has proven unpopular among local voters and the local government.

Deleon Guerrero told *Saipan Tribune* that the letter would be discussed at the meeting.

IPI, in a casino commission meeting last June 28, 2018, admitted that they won't be making the August 2018 deadline, which was not a surprise to the casino commission, especially vice chair Joseph Reyes who has always been skeptical of the casino resort's completion date.

The first deadline of Aug. 11, 2017 for the permanent gaming facility was amended by the Lottery Commission on April 25, 2017, extending the deadline to Aug. 31, 2018.

tioning the CNMI Lottery Commission, which consists of the secretary of Finance, the Department of Public Safety commissioner, and the secretary of Commerce, for an extension of the facility's construction deadline.

According to Deleon Guerrero, the casino commission was notified of IPI's intention to extend their deadline in order to accommodate changes in the CLA.

Deleon Guerrero noted that, according to casino commission regulations, IPR should be up and running by the Aug. 31, 2018 deadline, similar to

the CLA. The letter was sent in advance to inform the commission that an extension request is being discussed, and therefore, is a heads-up for the commission to anticipate possible changes to the CLA and heading off inconsistencies between the CLA and the casino commission regulations, which is based off of the CLA. Casino commission regulations may only be amended through a casino commission meeting.

The next casino commission meeting is tomorrow at the Joten-Kiyu Public Library conference room at 10am.

## CNMI

From Page 1

SHRM members are composed of human resources managers and personnel who are at the forefront of problems affecting labor in the CNMI. The new law extends the CW program to 2029, ensuring the CNMI's continued access to foreign labor.

After months of uncertainty with regard to labor in the CNMI, the CW bill's enactment has engendered positive feelings in the community, especially among human resources practitioners, according to SHRM vice president Catherine Cachero.

"I think the human resources community will be really busy in the next few days," she said.

Cachero cited the recent announcement that U.S. Citizenship and Immigration Services is going to resume accepting the applications for CW workers.

"People are now working on the new form and I think people are excited as the law resolves some of the labor shortages and concerns that people in the CNMI have been carrying the past months," she said.

McDonald's Saipan marketing manager Anna Olaes said that worries and doubts predominated while waiting for the CW bill to become law. "Hoping for the best was the mindset that we had while waiting for the bill to get passed in the Legislature and signed by the President Trump. This is definitely good news for us because we no longer have to worry about shortage of employment on island."

"The CW program is a huge help to the community and employers can now go ahead and process applications. ... We still have to hire U.S. citi-

zens...but we need foreign hires for their experience and in training U.S. hires," she added.

Malou Ernest, director for Human Resources at Asia Pacific Hotels, Inc. greatly appreciates the passage of the law. "The next days and months are sure to be very busy and challenging for human resource practitioners. The law brings much needed assurance to the labor situation in the CNMI," she said.

"Employers and workers, together with their families, will have more stability where previously there was none," she added.

Since the CW program is open again to a bigger number of slots in fiscal year 2019, Grandvrio Resort's human resources manager, Lucy H. Santiago, said this would definitely result in more new businesses.

"If we have more employment, it will boil down to more businesses flourishing. We are now in the process of re-filing denied applications and we are looking forward to hopefully having those employees back and hire new ones if needed," she said.

Roman Tudela from the Public School System said that because of the enactment of the CW bill into law, families that were torn apart because CW parents who were denied visas last year face the possibility of being able to come back on island to be with their children who were left behind.

"Many children were left behind by CW parents who were sent home because their applications were denied. We lost many students when they had to go back to their home country. With this, we expect the same students to come back."

"The law is going to benefit the CNMI with regard to filling in the hard-to-fill positions as well," he added.

## IPI

From Page 1

Casino License Agreement, IPR must be fully constructed and fully operational by Aug. 31, 2018. Failure to comply with the CLA forces the casino commission to impose penalties on IPI, even if requests to extend the deadline are still being maintained, said Edward Deleon Guerrero in an interview.

The document *Saipan Tribune* obtained informed the commission that IPI is currently in the process of pe-



## Case of man who allegedly burglarized car dismissed

By **FERDIE DE LA TORRE**  
ferdie.delatorre@saipantribune.com  
REPORTER

The case of an employee of the Saipan Mayor's Office dog control program who was allegedly caught on camera

stealing has been dismissed—at the request of the Office of the Attorney General and the defense's counsel.

The OAG may re-file the case against Rodney C. Babauta in the future. The com-

petency hearing set for tomorrow, Tuesday, was vacated. The hearing was supposed to determine if Babauta is competent to stand trial.

Assistant attorney general Jonathan L. Wilberscheid

and Chief Public Defender Douglas W. Hartig told the court that the case's dismissal "is in the best interest of justice."

Superior Court Associate Judge Joseph N. Camacho exonerated Babauta's \$1,000 bail on Friday.

The 35-year-old Babauta was caught on surveillance camera stealing items from a parked vehicle at Banzai Cliff last Feb. 19, police said. Police said that, during an interview, Babauta confessed to being the person caught on camera that was installed in the van.

Police said the victim, a tour guide, estimated \$3,000 of the value of the stolen items that include a Mark Jacob bag, a Fendi pouch, a Gucci wallet, Samsung Galaxy Tablet A, and other items.

Police said Babauta admitted seeing the van park. He said he noticed the lights in the vehicle were still on and that a child was sleeping in the back seat.

Babauta said he opened the passenger door and took a bag.

At that time, the tour guide was escorting passengers on

a 20- to 30-minute tour of the cliff, while her purse and a sleeping child were left in the car.

The driver did not notice the purse missing until she returned her group to Pacific Islands Club Saipan later that evening. She then reviewed the vehicle's surveillance camera, confirmed her purse was stolen and called police.

The video was circulated in social media that prompted several tips to the Crime Stoppers hotline and led to Babauta's arrest.

## Fahrenheit Co. belies human trafficking, illegal recruitment

Fahrenheit Co. Ltd. has strongly denied media reports that the company has been involved in human trafficking, human smuggling, or illegal recruitment.

In a statement, the company said it "categorically and strongly denies and these false claims. In no way, or in any form whatsoever" is Fahrenheit Co. Ltd. involved in such accusations.

"We have been operating as a law-abiding and responsible business entity. We would not sacrifice our untarnished reputation just to be involved in illegal activities especially in something as grave as human smuggling."

This statement is attributed to Isagani C. Cabrera, president of Fahrenheit Co. Ltd. "M/V *Forever Lucky* was not even scheduled to depart anywhere since at that night of July 3, there were some repairs being done in the ship," he added in the statement.

It said that Fahrenheit Co.

Ltd. has been in the business of port operations and other related businesses for the past 20 years.

In early July, news reports published the headline: "139 Filipino workers rescued from human trafficking." The reports said that Fahrenheit Co. Ltd.—a diversified company with shipping as an integral part of its business—is involved in "possible human smuggling and other illegal activities" and through the intercession of the National Bureau of Investigation and the Philippine Coast Guard, "Fahrenheit's ship—M/V *Forever Lucky*—was prevented to depart for Micronesia with about 139 undocumented Filipinos on board."

Citing record, the statement said that the case filed against Cabrera, together with four of Fahrenheit's workers, was downgraded to "illegal recruitment" because there was no compelling reason or evidence to charge them with

"human smuggling" or "human trafficking."

"In fact, the case filed against them was for alleged violations of R.A. 8042, otherwise known as the 'Migrant Workers and Overseas Filipinos Act of 1995' as amended by R.A. 10022. The Department of Justice, in a decision handed last July 9, already dismissed the case "for lack of probable cause," the company statement said.

"How could we be involved in illegal recruitment when we are not even actively recruiting people for work abroad? There is not a single time when we, or the company, has even asked for any form of payment or fees in exchange for overseas employment. So the unfortunate events which happened were a big surprise to us since for the past two decades, we have been operating our business smoothly and efficiently," said Cabrera. (Saipan Tribune)

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1 Miles accrued, awards, and benefits issued are subject to change and are subject to the rules of the United MileagePlus program, including without limitation the Premier® program (the "MileagePlus Program"), which are expressly incorporated herein. Please allow 6-8 weeks after completed qualifying activity for miles to post to your account. United may change the MileagePlus Program including, but not limited to, rules, regulations, travel awards and special offers or terminate the MileagePlus Program at any time and without notice. United and its subsidiaries, affiliates and agents are not responsible for any products or services of other participating companies and partners. Taxes and fees related to award travel are the responsibility of the member. Bonus award miles, award miles and any other miles earned through non-flight activity do not count toward qualification for Premier status unless expressly stated otherwise. The accumulation of mileage or Premier status or any other status does not entitle members to any vested rights with respect to the MileagePlus Program. MileagePlus Program participation may not be permitted in some countries. All calculations made in connection with the MileagePlus Program, including without limitation with respect to the accumulation of mileage and the satisfaction of the qualification requirements for Premier status, will be made by United Airlines and MileagePlus in their discretion and such calculations will be considered final. Information in this communication that relates to the MileagePlus Program does not purport to be complete or comprehensive and may not include all of the information that a member may believe is important, and is qualified in its entirety by reference to all of the information on the [united.com](http://united.com) website and the MileagePlus Program rules. United and MileagePlus are registered service marks. For complete details about the MileagePlus Program, go to [www.united.com](http://www.united.com).

2 The Annual Percentage Rate (APR) is a variable rate of 17.74% as of 6/1/18. The intro fixed APR for balance transfers is 2.99% for the first eight billing cycles following the opening of your account for balance transfers made within 30 days of account opening. After that, the variable rate will apply. The fixed Cash Advance APR is 18.00%. The fixed Penalty APR is 18.00% and may be applied if you make a late payment. The Minimum Interest Charge will be no less than \$1.00. The Foreign Transaction Fee is 3% of the U.S. dollar amount of any Purchase or Cash Advance made in a foreign currency. The ATM Cash Advance Fee and the Over-the-Counter Cash Advance Fee are \$5 or 5% of the transaction amount, whichever is greater. The Balance Transfer Fee and the Convenience Check Fee are \$5 or 3% of the transaction amount, whichever is greater. \$0 introductory annual fee for the first year after account opening; thereafter, the annual fee is \$60. Additional limitations, terms and conditions apply. See the United MileagePlus Credit Card Agreement or Mastercard Guide to Benefits for more information.

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# Dela Cruz, Kaipat, Toves sworn in

By **ERWIN ENCINARES**  
erwin\_encinares@saipantribune.com  
REPORTER

Gov. Ralph DLG Torres on Friday swore in three nominees at the governor’s conference room on Capitol Hill after the Senate confirmed their appointments.

Torres swore in Geralyn Dela Cruz, Cinta Kaipat, and Barrie Toves into the CNMI Scholarship board, the Marianas Visitors Authority board,

and the Commonwealth Ports Authority board, respectively.

Dela Cruz and Kaipat both represent Saipan on their respective boards, while Toves represents Rota.

Dela Cruz, who is serving her second term with the Scholarship Board, highlighted the importance of the program in her brief speech after her oathtaking.

“Many of us have received assistance from the govern-

ment...but this program allows CNMI students to go to school, get assistance, and come back home to serve [the community],” she said. “If we look at the numbers, we are progressing.”

According to Dela Cruz, “a lot” of students who avail of Scholarship Office services return to the CNMI with college diplomas.

She noted that she would continue to request funding for the program, while Torres

assured that his office is working on providing further funding for the office.

Kaipat, who would be serving the MVA board for the first time, said she is grateful to both

Torres and Lt. Gov. Victor B. Hocog for her appointment.

Kaipat said she hopes to bring to the MVA board her experiences as a previous cultural dancer for tourists as

well as her experience in the Legislature as a former representative.

As a member of the House, Kaipat created the Beautify CNMI program, which is still being used to this day.

Kaipat intends to continue prioritizing the cleanliness of the environment.

## Military training at Warning Area 517, FDM

**ASAN, Guam**—The U.S. military will conduct training at Warning Area 517 during the following dates and times:

- July 31, from 11am to 11pm
- Aug. 1-2, from 3pm to 11pm.

The military will also conduct training at the island of

Farallon de Medinilla on Aug. 3-5, from 10am to 10pm.

It is recommended the general public, fishermen and marine tour operators monitor the Coast Guard broadcast notice to mariners for advisories.

W-517 is activated south of

latitude 12° 40’ 00”N. Santa Rosa Reef and Galvez Banks are open for public use.

The general location of the training on the island of Farallon de Medinilla will be in a 12-nautical mile radius of the island. **(PR)**

# CUC says it has enough power to accommodate IPI casino, others

By **JON PEREZ**  
jon\_perez@saipantribune.com  
REPORTER

Commonwealth Utilities Corp. executive director Gary Camacho assures that CUC has enough juice to accommodate the increasing power consumption and the volume of wastewater that Imperial Pacific Resort could bring.

Camacho said CUC has reviewed and did studies in anticipation of the power and water needs and wastewater volume. “We can accommodate everybody.”

He said that their power plants have enough capacity to supply the island even with Imperial Pacific Resort expected to boost its power needs.

The casino has been in operation for one year now, with its power supply needs increasing from 1.2 megawatts in the

first few months to 1.3MW and 1.4MW to as a high of 1.9MW early this year. It has a base load of 1.6MW.

“It [power consumption] is starting to increase. We anticipate it to [further increase] as the construction continues,” said Camacho.

CUC expects the power supply needs of Imperial Pacific International (CNMI) LLC to further increase. “We haven’t seen an increase yet but we imagine that.”



“Yes, we still have enough supply. They [IPI] have not yet asked for additional power, but we anticipate it to be soon. It is still under construction and they don’t have any interior yet.”

He also does not see any problem with the water, sewer, and wastewater needs of the multimillion-dollar facility, which has yet to finish the con-

struction of the over 200 rooms.

Camacho said IPI’s water and power are already connected to CUC but won’t be 100 percent with the former since part of their water supply will come from their own desalination facility. “As far as their water needs, they [IPI] do have a desalination [facility]... In sewer, we’re still working it out with their contractor. We’re still going to work on their connections in their lift station. In [terms of] wastewater, they are directly connected to the Sadog Tasi treatment facility.”

He added that IPI has also funded the construction of its own lift station across the street, in front of the Garapan Elementary School. “That’s part of their investment, an IPI project that [CUC] required them to do. We still inspected it and reviewed the construction.”



## Commonwealth Utilities Corporation

### Office of the Executive Director

## REQUEST FOR PROPOSALS

### CUC-RFP-18-019

### Supply and Services for Installation & Commissioning of 2 X 8-13 MW of Diesel Generating Plant System

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified and experienced entities to supply, install, integrate and commission (including without limitation all design, engineering, supervision, installation, testing, commissioning, training and handover) of (2) two complete new engine systems. Proposers must note that replacement of Engine No. 8 is the base proposal while the replacement of Engine No. 4 is an additive proposal. Each replacement Diesel Generating Plant shall be within a capacity range of 8 - 13 MW which must be supplied, installed, tested, and commissioned as an integrated system at CUC Power Plant No. 1, Lower Base, Saipan, Commonwealth of the Northern Mariana Islands.

The solicitation seeks proposals from a legally recognized business entity authorized to do business in the Commonwealth of the Northern Mariana Islands, which has as one or more of its equity owners (principals) a qualified ORIGINAL EQUIPMENT MANUFACTURER (OEM), from which CUC intends to contract with to purchase one, and perhaps two, fully installed and commissioned turn-key engine systems that best fit CUC's power supply requirements. The Proposer must be authorized as OEM's agent to bind OEM to contractual terms including issuance of OEM's equipment warranty and certifying the installation of the works anticipated under this RFP meet OEM specifications, the Proposal, and meet or exceed all warranty requirements.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$500.00 (non-refundable) for one RFP package set. The RFP package consisting of the specifications and plans for the project, will be provided in a CD or emailed to the registered email ID. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

A Pre-proposal Conference will be conducted at the CUC Main Conference Room, 3rd Floor, Room 17, Joeten Dandan Commercial Building, Dandan, Saipan on **July 18, 2018 at 10:00 AM (ChST)**. Immediately after the conference, a Site Visit to the Power Plant facility will be conducted. Proposers shall familiarize themselves with the site conditions prior to submitting the proposal.

**One (1) original and five (5) hard copies**, along with an electronic copy of the proposal on a compact disk in PDF format must be submitted in a sealed envelope marked **“CUC-RFP-18-019 – Supply and Services for Installation & Commissioning of 2 X 8-13 MW of Diesel Generating Plant System”** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than August 23, 2018 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

A *Proposal Guarantee* equal to fifteen (15%) percent of the total proposed price must accompany the proposals. The security deposit may be in cash, certified check, cashier's check, or proposal bond executed by a surety holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful Proposer. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Proposers are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Discussions may be conducted with responsible Proposers who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Proposers shall be accorded fair and equal treatment with respect to any opportunity to discussion and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing Proposers.

All Proposers are advised that CUC assumes no responsibility for any act of omission on the part of the Proposer due in whole or in part to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under any anticipated contract. The RFP does not commit CUC to award a contract, to pay any costs incurred in the preparation of the proposal under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable

Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All responses to this RFP should take into account any and all taxes, including without limitation any and all excise tax, which will become the obligation of the proponent awarded a contract. Successful proponents will be required to submit a copy of a valid CNMI Business license upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page:

<https://marianaslabor.net/>. The proponents shall be required to comply with all applicable CNMI and Federal Laws.


This RFP solicits services regulated by the Commonwealth's Board of Professional Licensing (BPL). All bidders shall possess Certificate of Authority from the BPL as contemplated in and required by NMIA ss 125-20.1-501 which provides in part that any corporation or partnership "Firm," whether organized under the Law of the CNMI or other jurisdiction, hereafter offering to engage or engaging in the practice of engineering, architecture, land surveying, or landscape architecture in the Commonwealth must have a valid Certificate of Authorization (COA) issued by the Board. All firms must have a valid Certificate of Authorization before advertising to offer or offer professional engineering, architectural, land surveying, or landscape architectural services in the CNMI. All bids submitted shall be accompanied by a certificate of authority in the name of the OEM submitting the bid.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on July 23, 2018** to Manny B. Sablan, Jr. CUC Purchasing Administrator via email address [manny.sablan@cucgov.org](mailto:manny.sablan@cucgov.org) with a copy to Christopher Timmons, Assistant Attorney General, via email address [christopher\\_timmons@cnmioag.org](mailto:christopher_timmons@cnmioag.org) and Christie Sablan, CUC Purchasing Assistant via email address [christie.sablan@cucgov.org](mailto:christie.sablan@cucgov.org).

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

WILLIAM GILMORE  
Acting, Executive Director

MANNY B. SABLÁN, JR.  
Purchasing Administrator



## COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS (CNMI)

### HOMELESS PREVENTION COALITION

## CNMI HOMELESS PREVENTION COALITION

### REQUEST FOR PROPOSAL

The CNMI Homeless Prevention Coalition is soliciting project proposals from qualified and established organizations and agencies to apply for the CNMI Continuum of Care (CoC) grant through Funding Opportunity Number FR-6200-N-25, Primary CFDA #14.267 under the U.S. Department of Housing and Urban Development (HUD). The Continuum of Care (CoC) Program (24CFR part 578) is designed to promote a community-wide commitment to the goal of ending homelessness; to provide funding for efforts by non-profit providers, states and local government to quickly rehouse homeless individuals, families, persons fleeing domestic violence, dating violence, sexual assault and stalking, and youth while minimizing the trauma and dislocation caused by homelessness; to promote access to and effective utilization of mainstream programs by homeless individuals and families; and to optimize self-sufficiency among those experiencing homelessness (FR-6200-N-25 Program Description).

The proposal packets are available at the NMHC Central Office in Saipan during regular business hours from Monday thru Friday, except CNMI Holidays beginning Monday, July 16, 2018.

A mandatory pre-proposal meeting will be held on July 31, 2018 at 10 a.m. at the NMHC Central Office Conference Room. Questions regarding this RFP must be submitted in writing to the NMHC Office attention CNMI Homeless Prevention Coalition or emailed directly to Jacob Muna at [jjmuna@nmhc.gov.mp](mailto:jjmuna@nmhc.gov.mp).

The proposal would be evaluated based on the following criteria(s):

RFP and Required Documentations	10%
Organizational Capacity	20%
Financial Management	20%
Project Plan	30%
Performance Measurement	20%

Proposers must seal and mark their proposals “2018 Continuum of Care Project”. Proposers must submit one (1) original and two (2) copies of sealed proposal and submitted to NMHC Central Office no later than 10:00 a.m. on August 16, 2018.

The CNMI Homeless Prevention Coalition reserves the right to reject any and all proposals and waive any defects in the said proposals, if in the sole opinion of the CNMI Homeless Prevention Coalition, to do so would be in its best interest. All proposals become the property of the CNMI Homeless Prevention Coalition.

For more information, please contact Mr. Jacob Muna, NMHC Planner at (670)234-7689 or (670)483-9447 during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/  
Vivian Sablan





Gov. Ralph DLG Torres, Senate President Arnold Palacios, CNMI Supreme Court Chief Justice Alexandro C. Castro, Department of Public Safety Commissioner Robert A. Guerrero, along with other dignitaries, pose in a group photo with 32 graduates of the 23rd Cycle Police Academy at Saipan World Resort's Royal Taga Hall Friday afternoon.

FERDIE DE LA TORRE



Class valedictorian Edjay Jaime E. Sablan poses with his family members during the 23rd Cycle Police Academy graduation at Saipan World Resort's Royal Taga Hall Friday afternoon.

FERDIE DE LA TORRE

## 30 new cops join DPS

Thirty new police officers have joined the Department of Public Safety's force on Saipan after graduating from the 23rd Cycle Police Academy Friday afternoon at Saipan World Resort's Royal Taga Hall.

Edjay Jaime E. Sablan was named the class valedictorian, while Eriich D. Harley emerged as the class salutatorian. Both Sablan and Harley shared the Leadership Award.

Harley also received the Top Gun and Governor's awards.

Vicente M. Pangelinan was named Most Physically Fit.

Sablan described the training as intense and hard but fun and required hard work and a lot of mental stability. "But it was well worth it. It makes you a better person," he said.

Sablan is currently studying at the Northern Marianas College. "Hopefully I can earn my bachelor with criminal justice," said the 20-year-old Sablan. His parents are James and Edna Sablan.

DPS Commissioner Robert A. Guerrero saluted the new officers for enduring the mental and physical challenges throughout the academy.

Gov. Ralph DLG Tor-

res served as the keynote speaker.

Police Lt. Arnold K. Seaman was the senior instructor/officer-in-charge of the academy. The drill instructors were Police Sgt. Raymond S. Pangelinan, Police Officer III Daniel T. Joab, and Police Officer I Joannalyn B. Laniyo.

Deputy Marshals I Britton Jace M. Cruz and Maria Paulina M. Tudela were among

» **NMC student Edjay Jaime Sablan is class valedictorian**

the 32 graduates.

Aside from top awardees, the 27 other new police graduates are

Daniel S. Castro, Enrique Miguel S. Castro, Joaquin Joseph S. Chong, Sharon R. Cudiamat, Shannon A. Dela Cruz, Hector C. Efraim, Carlos S. Feger, Gerald M. Flores, Peejay S. Godwin, Emery K. Kaipat Jr., John A. Kileleman Jr., Tom Cody S. Kintoki, Lupe Ann C. Lizama, Troy Anthony T. Manahane, Luke Ramon C. Mareham, Davie Matagolai, Nickson N. Mettao, Ignacio S. Ogo, Elisha R. Ogumoro, Katsutoshi C. Pangelinan, Sean K. Pangelinan, Elilai C. Pinalug, Daren Lee S. Rabago, Sylvan Luis P. Rangamar, Jake P. Santos, Darla Sulap, and Nicolas B. Villagomez. *(Ferdie de la Torre)*

# Memories of Camp Susupe & Chalan Kanoa



**Come learn about the project and join in  
August 2nd, 6-7:30pm  
American Memorial Park**



**Do you or a family member have a story, object, or photo from the camps? We'd love to record it so that it may be saved for generations to come.**

**This project is sponsored by the Humanities Council and East Carolina University. Please call the Humanities Council at 670-235-4785 or Steph Soder at 670-783-2072 to participate and share.**





# Retired DPS official Babauta files his candidacy

By **FERDIE DE LA TORRE**  
ferdie\_delatorre@saipantribune.com  
REPORTER

Franklin Reyes Babauta, a retired official of the Department of Public Safety, has filed his candidacy papers as an independent bet for House of Representatives Precinct 1.

Surrounded by family members, supporters, and other independent candidates, Babauta submitted his petition for nomination at the Commonwealth Election Commission in Susupe Saturday morning.



Retired Department of Public Safety official Franklin Reyes Babauta pose in a group photo with family members, supporters, and independent candidates outside the Commonwealth Election Commission in Susupe Saturday morning. Babauta filed his candidacy as an independent candidate for House precinct 1.

FERDIE DE LA TORRE

## IN THE SUPERIOR COURT FOR THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Noli Feria ) FCD-DI CIVIL  
Petitioner, ) ACTION NO.  
vs. ) 17-0509  
Celia Dizon )  
Respondent ) **SUMMONS FOR  
PUBLICATION**

TO THE ABOVE NAME RESPONDENT:  
YOU ARE HEREBY SUMMONED and notified to file any answer you wish to make the Complaint, a copy of which is on file with the court, within thirty (30) days after service of the Summons upon you, and to deliver or mail a copy of your answer to the Petitioner whose address is PPP 698 Box 10000 Saipan, MP 96950 as soon as practical after filing your answer or sending it to the Clerk of Courts for filing.

Your answer should be in writing and filed with the Clerk of this Court at P.O. Box 500307 Susupe, Saipan, MP 96950. It may be prepared for you by your counsel and sent to the Clerk of this Court by messenger or Mail. It is not necessary for you to appear personally until further notice. If you fail to file and answer in accordance with this summons, judgement by default may be taken against you for relief in the complaint.

Dated this 2nd day of July, 2018.

/s/ Clerk of Court

Juan N. Babauta and Dr. Rita Sablan, who are running for governor and lieutenant governor as independent candidate, respectively, also showed up at CEC to show their support.

The election will take place this Nov. 6.

“This is Babauta’s first time

to run for public office, shortly after he filed his candidacy for Precinct 1. That covers San Antonio, San Vicente, Kobleville, and part of Finasisu. There are six House seats for this precinct.

Babauta, who used to be the DPS deputy commissioner of administration, said his friends

and supporters “pushed me to provide the experiences that I have had from my work in the past...as a teacher, a police officer, and in the military.

Babauta retired from the U.S. Army in 2015 with a rank of lieutenant colonel. His last tour of duty was with the security forces advisory team

in Afghanistan and as one of the lieutenant colonels there in “Operation Enduring Freedom” in southern Afghanistan.

“We were there advising the government officials there and the military officials about running military side and also the government,” he said.

Babauta has experience commanding troops in both war time and in peace time missions.

He commanded Echo Company here at the Army Reserve

when they went to Iraq in 2005 and 2006.

In 2007, Babauta moved to Guam and joined the Guam Army National Guard. He was then deployed to Afghanistan.

Babauta commanded the battalion embedded training team in the eastern part Afghanistan.

Babauta went back to Guam where he then commanded for almost three years with Guam Army National Guard Element.



## OFFICE OF THE PUBLIC AUDITOR

### REQUEST FOR PROPOSAL (RFP) RFP18-OPA-01

SUBMISSION DATE: August 7, 2018 TIME: 4:00 P.M.

### “SINGLE AUDIT OF THE CNMI GOVERNMENT FOR FISCAL YEAR ENDING SEPTEMBER 30, 2018 and 2019”

THE AUDIT GUIDELINES AND SPECIFICATIONS MAY BE OBTAINED AT THE ADMINISTRATIVE OFFICE, LOCATED AT 1236 YAP DRIVE, CAPITOL HILL, SAIPAN, DURING REGULAR WORKING HOURS (MONDAY – FRIDAY, 7:30 AM – 4:30 PM, CLOSED ON HOLIDAYS).

INQUIRIES MAY BE DIRECTED TO MR. DAVID BLAKE, OPA AUDIT MANAGER, AT TELEPHONE NUMBERS (670) 322-6481/2 OR BY FACSIMILE TO (670) 322-7812.

**THE PROVISIONS OF THE CNMI OPA PROCUREMENT REGULATIONS, NMIAC § 130-30-725 AND § 130-30-730 PROHIBITING GRATUITIES AND KICKBACKS AND CONTINGENT FEES SHALL APPLY.**

THE OFFICE OF THE PUBLIC AUDITOR (OPA) RESERVES THE RIGHT TO REJECT ANY OR ALL PROPOSALS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE OPA. ALL PROPOSALS RECEIVED SHALL BECOME THE PROPERTY OF THE OPA AND WILL NOT BE RETURNED TO THE PROPOSERS.

/s/ MICHAEL PAI, CPA  
PUBLIC AUDITOR

/s/ MICHELLE A. CAMACHO  
PROCUREMENT OFFICER



Commonwealth of the Northern Mariana Islands  
Commonwealth Judiciary Administrative Office  
Guma' Hustisia, Iimwal Aweewe, House of Justice  
P.O. Box 502165, Saipan MP 96950  
Telephone (670) 236-9800 Facsimile (670) 236-9702

**INVITATION TO BID**  
**ITB NO.: ITB18-JUDICIARY-04**  
SUBMISSION DEADLINE: August 24th, 2018 TIME: 10:00 A.M.

### “TWO (2) NEW 2018-2019 VEHICLES (5 Door All-Wheel Drive Utility Vehicle)”

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE CASHIER WINDOW, WINDOW # 1, LOCATED AT THE FRONT OF GUMA HUSTISIA / IIMWAL AWEWE / HOUSE OF JUSTICE, SUSUPE, SAIPAN, DURING REGULAR WORKING HOURS.

**THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTIONS 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.**

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/s/ ALEXANDRO C. CASTRO  
JUDICIARY EXPENDITURE AUTHORITY

/s/ JOHN T. VILLAGOMEZ  
JUDICIARY PROCUREMENT OFFICER



**COMMONWEALTH DEVELOPMENT AUTHORITY**  
San Jose Village • P.O. Box 502149 • Saipan, MP 96950  
Tel. Nos: (670) 234-7145/7146/6293/6245 • Fax No.: (670) 235-7147  
Website: www.developcnmi.com



## PUBLIC NOTICE JULY 27, 2018

PURSUANT TO PUBLIC LAW 8-41, THE BOARD OF DIRECTORS OF THE COMMONWEALTH DEVELOPMENT AUTHORITY (CDA) THRU ITS CHAIRMAN, HEREBY INFORMS THE GENERAL PUBLIC THAT THE CDA BOARD OF DIRECTORS WILL HOLD ITS REGULAR MEETING ON WEDNESDAY, AUGUST 1, 2018 AT 5:30 P.M. THE MEETING WILL BE HELD AT THE CDA CONFERENCE ROOM, FIRST FLOOR, CDA BUILDING, SAN JOSE VILLAGE, SAIPAN. THE AGENDA FOR THIS MEETING IS AS FOLLOWS:

### AGENDA

- I. Preliminary Matters
  - A. Roll Call
  - B. Adoption of Agenda
  - C. Adoption of Minutes
    1. May 24, 2018
    2. May 30, 2018
- II. PUBLIC COMMENTS
- III. REPORTS
  - A. Executive Director's Report
    1. Administrative/Personnel Matters
    2. Loan Matters
      - a. Judgment Debts
      - b. Loan Pay-Off
      - c. Set-Aside Accrued Interest
    3. Qualifying Certificate (QC) Program Matters/Economic Development Activities
  - B. Comptroller's Report
  - C. Legal Counsel's Report
- IV. OLD BUSINESS
  - A. Housing Financing
  - B. Micronesia Challenge
  - C. CNMI State Bank Bill
  - D. Agricultural Fair & Fishermen's Derby
- V. NEW BUSINESS
  - A. CPA Resolution
- VI. OTHER MATTERS
- VII. EXECUTIVE SESSION

All interested persons are welcome to attend and to submit written or oral testimony on the above agenda items. (Pursuant to Public Law 8-41, Section 13 (a)(7) and Section 13(c), the Board may vote to meet in executive session).

/s/ DAVID S. DEMAPAN  
Chairman, CDA Board of Directors



**NORTHERN MARIANAS HOUSING CORPORATION**  
P.O. BOX 500514, Saipan, MP 96950-0514  
Email: nmhc@nmhc.gov.mp • Website: http://www.nmhc.gov.mp  
Tels: (670) 234-6866/9447/7689/7670 • Fax: (670) 234-9021



## PUBLIC NOTICE

Pursuant to Public Law 8-41, the Northern Marianas Housing Corporation (NMHC) Board of Directors, through its Chairwoman of the Board, is hereby giving notice that the Regular Board Meeting is scheduled on Tuesday, July 31, 2018 - 6:00 p.m. at the NMHC Conference Room, Saipan. The public is welcome to submit written or oral comments regarding the agenda below. Individuals interested in attending the meeting and needing special accommodations are requested to contact NMHC in advance.

- I. PRELIMINARY MATTERS
  - a. Call to Order
  - b. Roll Call
  - c. Adoption of Agenda
  - d. Adoption of Minutes of Meeting: December 20, 2017; January 26, 2018; and May 31, 2018
- II. PUBLIC COMMENTS
- III. CORPORATE DIRECTOR'S REPORT
  - a. Divisional Updates
  - b. CDBG Projects
- IV. OLD BUSINESS
  - a. Garapan Annex Update
  - b. HLFP Income Limits
- V. NEW BUSINESS
  - a. Personnel Matters
  - b. CD Contract Renewal
  - c. Art Ridge Village Homes Request for Additional Credits
- VI. LEGAL COUNSEL'S PENDING/ONGOING REPORT
- VII. EXECUTIVE SESSION
- VIII. OTHER MATTERS
- IX. ADJOURNMENT

(Note: Pursuant to Public Law 8-41, Section 13(a) (7) and Section 13(c), the Board may vote to meet in executive session.)

/s/ AUBRY M. HOCOG  
Chairwoman of the Board

## COMMONWEALTH LOTTERY COMMISSION

## PUBLIC NOTICE

A Special Meeting of the Commonwealth Lottery Commission will be held at 9:00 a.m., on Thursday, August 2, 2018 in the conference room at the Juan Sablan Memorial Building on Capitol Hill, Saipan. The public is invited to attend.

The following is the proposed agenda:

- I. Call to Order
- II. Roll Call/Determination of Quorum
- III. Public Comment
- IV. Adoption of Agenda
- V. Adoption of Minutes
- VI. New Business
  - A. Amendments to Casino License Agreements
    1. Live Training Facility
    2. To allow to continue operation of the Marpi facility
    3. To allow to open Phase Development in Stages
- VII. Executive Session
- VIII. Adjournment

For further information, please contact the Lottery Commission by telephone through the Office of the Finance Secretary at 664-1100.



# Three divers rescued in Guam

**ANDERSEN AIR FORCE BASE, Guam**—Guam-based “Island Knight” sailors from Helicopter Sea Combat Squadron 25 rescued three divers separated from their boat more than 15 miles from the Guam shore last July 26.

At approximately 1:30pm, HSC-25 was notified by U.S. Coast Guard Sector Guam that the divers who were spearfishing had gone missing.

A rescue mission was launched immediately by HSC-25 alert search and rescue led by aircraft Commander Lt. Jessica O’Brien.

All three divers were located in open-ocean, recovered via helicopter hoist, and returned to U.S. Naval Hospital Guam in stable condition.

“As the rescue swimmer on scene, I am thankful our crew was able to locate all three survivors quickly and

prior to sunset,” said Naval Airmen (Helicopter) 2nd Class Jacob Ward. “We train diligently for challenging scenarios and it is rewarding to see the results of that in lives saved.”

The incident was the 22nd emergency call to HSC-25 by USCG Sector Guam and marks 10 survivor recoveries during search and rescue and medical evacuations in 2018 to date.

“Open-ocean rescues are inherently dynamic and require abundant determination from the entire Island Knight team to achieve success safely and efficiently,” said HSC-25 commanding officer Cmdr. William Eastham. “We are proud to partner with USCG Sector Guam to serve the citizens of Guam and the Commonwealth of the Northern Mariana Islands.”

HSC-25 provides a multi-mission rotary wing capability for units in the U.S. 7th Fleet area of operations and maintains a Guam-based 24-hour search and rescue and medical evacuation capability, directly supporting U.S. Coast Guard and Joint Region Marianas. **(PR)**

# Democrats set convention date; party endorses Kilili re-election

In meetings on July 10 and 28, 2018, the central executive committee of the Democratic Party of the Northern Marianas, Inc. approved plans for the 2018 Democratic Party Convention and general membership meeting to be held on Aug. 4, 2018.

The CEC also unanimously endorsed the re-election of incumbent Delegate Gregorio Camacho Kilili C. Sablan, who caucuses with Democrats in Congress.

The party said that Sablan had a major role in obtaining national Democratic Party recognition for the local party, and national Democrats honored him with a speaking slot on the floor of the 2016 Democratic National Convention, which nominated Hillary Rodham Clinton as the first woman to be nominated for the office of President of the United States by a major party.

It said that Sablan was an early supporter of Clinton’s bid for the U.S. presidency.

The Democratic Party of the Northern Marianas, Inc. Convention will be held in the Fiesta Room of the Grandvrio Resort in Garapan on Aug. 4, 2018. Registration will open at 7am and the opening gavel is scheduled for 8am. NMI Democrats are arranging prominent speakers, will elect central executive committee members to lead the

party through 2019 and 2020, endorse candidates, and adopt their platform. The newly elected central executive committee will elect party officers, including chair, vice chair, secretary, and treasurer.

Speakers will include the first governor of the CNMI, Carlos S. Camacho; former Supreme Court justice and lieutenant governor Jesus C. Borja, governor and lieutenant governor candidates Juan N. Babauta and Dr. Rita A. Sablan, Senate candidate Heinz Hofschneider, Rep. Edwin K. Propst, former representative Tina Sablan, Democrat House candidates Glenn Manglona (Precinct 1) and Peter Muña (Precinct 5), House candidate Samantha Birmingham-Babauta (Precinct 1), former Democratic senator from Tinian David A. Cing, and, via video, Guam Democrat gubernatorial candidates Lou Leon Guerrero and Josh Tenorio.

NMI Democrats are also arranging the participation at the convention of independent candidates supporting the Babauta-Sablan gubernatorial ticket. The convention will include a dance performance by Studio 29:11.

There is no admission charge for the convention. Light refreshments will be provided in the morning and at lunchtime. Register and receive convention credentials with full voting privileges at [www.2018nmiDems.com](http://www.2018nmiDems.com). Registration at the door will also be possible throughout the day, but pre-registration is recommended. **(PR)**

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Lin's Air New Energy Saver Split Type A/C 18,000BTU 208-230V 60Hz SEER 13.0 FREON R410	\$848	\$748
Lin's Air New Energy Saver Split Type A/C 24,000BTU 208-230V 60Hz SEER 13.0 FREON R410	\$948	\$848
Lin's Air New Energy Saver Split Type A/C 30,000BTU 208-230V 60Hz SEER 13.0 FREON R410	\$1,198	\$1,098
Lin's Air New Energy Saver Split Type A/C 36,000BTU 208-230V 60Hz SEER 13.0 FREON R410	\$1,698	\$1,598
Lin's Air New Energy Saver Split Type A/C 48,000BTU 208-230V 60Hz SEER 13.0 FREON R410	\$2,498	\$2,398
Lin's Air New Energy Saver DC Inverter Split Type A/C 9,000BTU 115V-220V 60Hz SEER 20.5 FREON R410	\$698	\$598
Lin's Air New Energy Saver DC Inverter Split Type A/C 12,000BTU 115V-220V 60Hz SEER 18.4 FREON R410	\$798	\$698
Lin's Air New Energy Saver DC Inverter Split Type A/C 18,000BTU 208-230V 60Hz SEER 18.3 FREON R410	\$1,198	\$998
Lin's Air New Energy Saver DC Inverter Split Type A/C 24,000BTU 208-230V 60Hz SEER 20.9 FREON R410	\$1,598	\$1,398
Lin's Air New Energy Saver DC Inverter Split Type A/C 30,000BTU 208-230V 60Hz SEER 18.8 FREON R410	\$1,798	\$1,598
Lin's Air New Energy Saver DC Inverter Split Type A/C 36,000BTU 208-230V 60Hz SEER 17.3 FREON R411	\$1,998	\$1,798
Lin's Air Brand New Energy Window Type A/C 5,000BTU 115V 60Hz FREON R 410A	\$248	\$198
Lin's Air Brand New Energy WINDOW Type A/C 8,000BTU 115V 60Hz FREON R 410A	\$348	\$298
Lin's Air Brand New Energy WINDOW Type A/C 12,000BTU 115V 60Hz FREON R 410A	\$448	\$398
4.5 CU. FT REFRIGERATOR 115v 60HZ	\$388	\$298
7.1 CU. FT REFRIGERATOR 115v 60HZ	\$488	\$398
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13.8 CU. FT UPRIGHT FREEZER 115v 60HZ	\$898	\$798
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12KG WASHING MACHING 115V-60HZ 115v 60HZ	\$599	\$498

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1. Two years warranty from purchase date. (PARTS AND LABOR - SPLIT TYPE AIRCON)  
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3. Free basic installation. (15Ft of co tubing & electrical)  
4. Free wall bracket.  
5. FREE REMOTE CONTROLLER REPLACEMENT (IF BROKEN)  
6. NO Cleaning servicing included

EXCLUSION:

1. Need power supply/ drop line for each A/C unit. (BEFORE A/C INSTALLATION)  
2. Disconnect box / elect breaker. Not included.  
3. Concrete slab for out-door unit (if needed) not included.  
NOTE/REM: OVER BASIC INSTALLATION LABOR & MATERIAL (S) IS NOT INCLUDED IN THIS QUOTE.

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# Opinion

Hafa Adai!

## Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER  
Volume XXVIII, Issue No. 149Published daily at 2/F JP Center,  
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MEMBER

AP The Associated Press

Pacific Islands News Association

### EDITORIAL

## States have a role to play on war on poverty (which, by the way, isn't over)

If the war on poverty has ended, as the Trump administration recently declared, there's a huge swath of workers who haven't heard the news.

They live in fear that a layoff or medical problem will push them into a financial crisis. They struggle with slow wage growth that barely keeps pace with the cost of living. Inflation hit 2.9 percent for the 12 months ending in June as costs for gasoline, housing, and food kept growing. At the same time, wages rose by less than 3 percent, hardly making up for increased costs for those items.

The federal government has made it clear it won't help, so state governments need to step up. Some already have. Attorneys general in 11 states announced this month that after an investigation, seven fast-food chains agreed to drop their "no-poaching" practices — arrangements where they agree not to hire workers from other franchises of the same company. That practice can, for example, keep employees from one McDonald's restaurant from getting a job at another one to raise their pay, get a better schedule, or find employment closer to home. No-poaching effectively knocks workers off a career ladder. The seven companies are Arby's, McDonald's, Jimmy John's, Buffalo Wild Wings, Carl's Jr., Auntie Anne's, and Cinnabon.

Those attorneys general should keep up the fight and go after the rest of the fast-food and retail chains with no-poaching policies so that workers can leverage their skills for better pay. Consumers can show their support for the seven fast-food chains that have dropped their no-poaching agreements, as well as companies which have voluntarily raised employee wages, by patronizing those businesses.

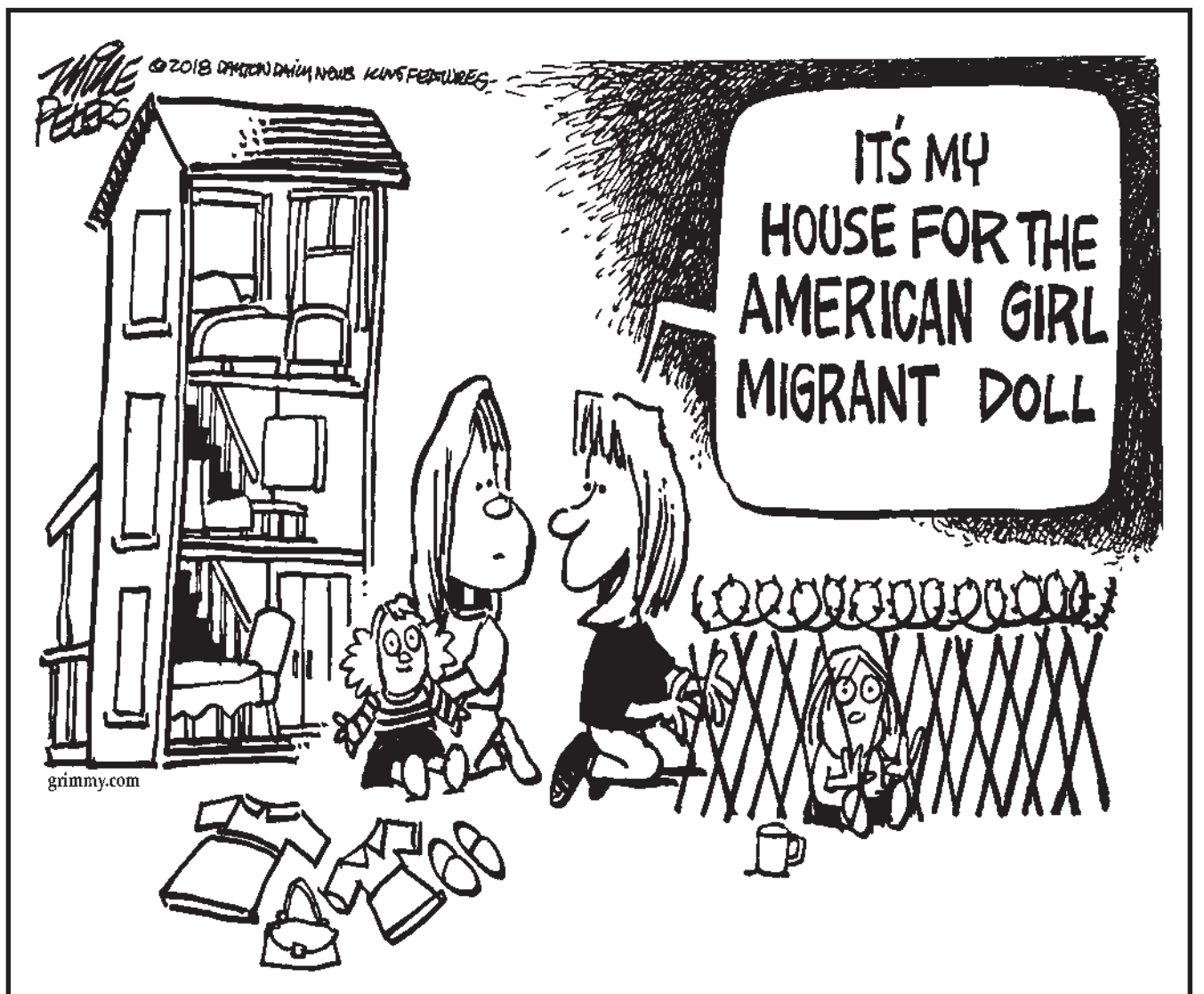
But there's even more to do for workers, starting with raising the minimum wage. States can also change overtime rules to help salaried workers, most of whom aren't eligible for overtime pay.

Toward the end of his administration, President Barack Obama changed overtime rules to let salaried workers who earn less than \$47,476 a year collect overtime pay for hours worked over 40 a week. But President Donald Trump let it die when he decided not to challenge a 2016 Texas court ruling that struck it down. That means only salaried workers making less than \$23,660 a year can collect overtime. These workers are often misclassified as supervisors and work well over 40 hours a week without compensation.

California raised its overtime threshold to \$47,760, and New York raised it to between \$40,560 and \$50,700 depending on where a worker lives.

Voters can help by demanding that candidates for federal and state offices help raise wages. The government might like us to believe that the war on poverty is over, but low- and moderate-income Americans are sure to argue the opposite. Right now, the states are the best hope for helping.

(c)2018 The Philadelphia Inquirer



## What happened to humor in politics?

By **STEPHEN H. SACHS**  
THE BALTIMORE SUN

There was once a time when a leitmotif of humor ran through our national politics. But not today. A somber mood envelops the White House and Capitol Hill.

There is certainly plenty to be somber about, but in the old days, even in times of peril, there was room for an uplifting wisecrack. Ronald Reagan, with a would-be assassin's bullets lodged in his belly, looked up at his wife Nancy as he was being wheeled into the operating room and famously cracked, "Honey, I forgot to duck!"

In the toxic stew that is today's Washington, it is difficult to find Reagan's counterpart. Our president's sense of humor seems to have been arrested in the eighth grade. Our congressional leaders are mostly glum scolds. South Carolina's Sen. Lindsay Graham showed promise for a while, but he hasn't been witty for months. And a certified congressional comic, Al Franken, was run out of town by #MeToo.

Abner Mikva, a former Illinois congressman, federal judge and White House counsel, was a fount of political humor back in the day. He loved to tell about his attempt to volunteer in Illinois Gov. Adlai Stevenson's re-election campaign when he was a student at the University of Chicago.

He approached his local alderman, an organization man.

"Who sent ya?" asked the alderman.

"Nobody, sir," stammered Mikva, "I'm a college student and I want to help Governor Stevenson."

"We don't want nobody, what nobody sent," responded the alderman. End of interview.

Mikva would often follow up that story with this one, which may—or may not—have been apocryphal: It's Election Day in Chicago. The organization's slate is in danger. A party worker sends two of his men to the local cemetery to collect names from headstones in case more favorable votes are needed. They split the job, east and west.

The east-side guy finishes first and calls to his colleague, "C'mon let's go, we gotta get back to headquarters."

"Hold your damned horses," replies the west-side guy, "I'm not finished. And my people got as much right to vote as your people!"

I've got a favorite from my own life in Maryland politics: It is the 1964 Democratic primary for the U.S. Senate between Joe Tydings, former U.S. attorney and my former boss, and state

comptroller Louis Goldstein. Mr. Tydings didn't enjoy much support from Baltimore's political clubs, most of which supported Goldstein.

We Tydings supporters—the so-called "shiny brights"—feared that Election Day mischief would occur in the precincts where the clubs were powerful. We organized a squad of young lawyers, recruited from Baltimore's downtown law firms, to spend Election Day in enemy territory to protect our candidate's interest.

But how were we to know what to look for? Ex-mayor Phil Goodman, recently thrown out of office by the voters and one of the few professional politicians on our side, provided the answer. He produced one of his minions, Joe Giordano—known as "Joe the Barber"—to lecture us shiny brights on what to watch out for on Election Day.

The Giordano lecture was an extraordinary event. Forty or so pinstriped young lawyers crowded into a small room on the second floor of the Tydings campaign headquarters on Baltimore Street. Joe the Barber told us what it was like on the streets. Baltimore's elite took notes as if this were one of Harvard Law School's Holmes lectures. Joe's finale was his unforgettable admonition that we pay special attention to the voting booth: "If you see four feet under the curtain," warned Joe in his melodious, heavily accented English, "that's not a horse!"

We are now in another election season. Voters will be called upon to make some very serious choices. But that doesn't mean that the season must be humorless.

At election time I always try to keep in mind the immortal words of Dick Tuck. During the 1960s and '70s, Tuck was a Democratic handyman, funnyman and prankster. In 1966 he presented himself as a candidate for election to California's state senate. He lost. His concession speech was succinct: "The voters have spoken—the bastards!"

I'm sure that Tuck, who died in May, was genuinely disappointed. But I'm also sure he knew his concession speech would get a laugh.

There should always be room for humor—and genial civility à la Ronald Reagan—in what the Baltimore Sun's celebrated political columnist in a bygone era, Frank R. Kent, styled as "the great game of politics."

Stephen H. Sachs was U.S. attorney for Maryland from 1967 to 1970 and state attorney general from 1979 to 1987. His email is [steve.sachs@wilmerhale.com](mailto:steve.sachs@wilmerhale.com).



**EDITORIAL POLICY**

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

# A time for integrity

By **ROBERT B. REICH**  
THE BALTIMORE SUN

To: Sens. Jeff Flake, John McCain, Bob Corker and Susan Collins

From: Robert Reich

Senators, I write you not as a Democrat reaching out to Republicans, or as a former Cabinet member making a request of sitting senators.

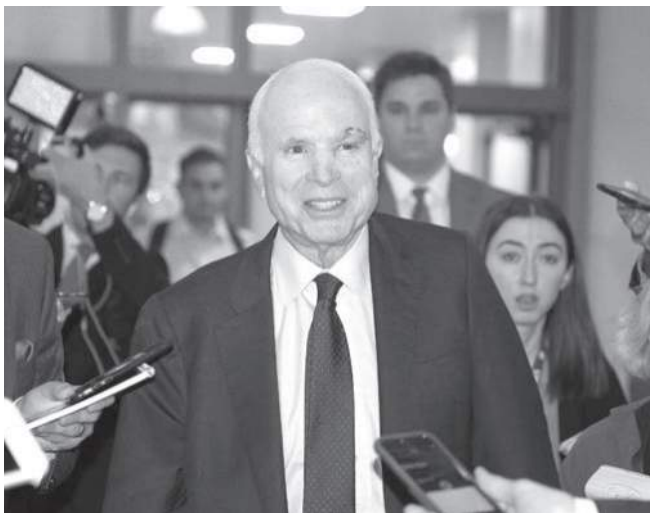
I write you as a patriotic American concerned about the peril now facing our democracy, asking you to exercise your power to defend it.

A foreign power has attacked our democratic institutions and, according to American intelligence, continues to do so.

Yet the president of the United States is unwilling to fully acknowledge this, or aggressively stop it.

Most of your Republican colleagues in the Senate will not force his hand. As a result, because your party has control of the Senate, there is no effective check on the president — or on Vladimir Putin.

What is America to do? We will exercise our right to vote on



U.S. Sen. John McCain (R-Ariz.) walks to his Capitol Hill office following the vote on the repeal of the Affordable Care Act on July 26, 2017, in Washington, D.C.

RON SACHS/CNP/SIPA USA/TNS

Nov. 6. But by that time our system may be compromised. The president must be constrained, now. Putin's aggression must be stopped, now.

If just two of you changed parties — becoming Independent and caucusing with the Democrats — the Republican Party would no longer have a majority in the Senate.

The Senate would become a check on the president, as the framers of the Constitution envisioned it would be. And the president could be forced to defend the United States, as the framers intended.

I implore you to do so.

There is precedent. I'm sure you remember Jim Jeffords of Vermont, who served as a Republican senator from 1989 until 2001. He then left the GOP to become an Independent and began caucusing with the Democrats.

Jeffords' switch changed control of the Senate from Republican to Democratic.

Jeffords left the Republican Party because of issues on which he parted with his Republican colleagues and the George W. Bush administration. As he said at the time, "Increasingly, I find myself in disagreement with my party. ... Given the changing nature of the national party, it has become a struggle for our leaders to deal with me and for me to deal with them."

I knew and admired Jeffords years before he switched parties.

## Tinian Sea Cliffs 3AM There I Am

### LITERARY NOOK

By **JOEY 'PEPE BATBON' CONNOLLY**

Special to the Saipan Tribune



Joey "Pepe Batbon" Connolly is a retired teacher and poet living on Tinian who taught English in CNMI public schools for the past 30 years. He has also taught in Alaska, New Orleans, and Las Vegas.

Past three in the morning in the arms of love  
I wake up after dozing off in my folding chair  
the Milky Way lights cross over the sky above  
the Teakettle in Sagittarius pours for all to share  
I call out to you over there far across the sea  
no cell phone coverage here I have none anyway  
separated for a long time still friends you and me  
you won't stop working work gets harder every day  
wish you were here in this Pacific sea island world  
you still want to make more money and higher pay  
oblivious to relaxation underneath stars unfurled  
now thinking of you in the dawning of a new day  
some use a rainy day woman, blunts, or spliffs  
for loneliness. For me its starry nights on sea cliffs.

"Rainy day woman" is a nickname for a marijuana cigarette, a "blunt" is a hollowed-out cigar filled with marijuana, and a "spliff" is a smaller marijuana joint.

### Feeling Old and Sick? Some Aging Tricks

Sister said to younger brother older brother is almost dead  
we had just lost our oldest brother so this news was bad  
then some age old tricks (pardon the pun) came to my head  
inexpensive, healthy, and fun ways to deal with being sad.

Go into deep denial of your physical problems every day  
find out, if you have it, how to maximize health insurance  
drink more water, get down on your knees and pray, pray  
cut out fried foods and keep walking daily for endurance.

Try herbal and folk remedies that won't make you sick.  
accept a 50% diagnosis about what two doctors may say  
stay away from bragging cure all remedies fast and quick  
listen to and look at what your body is telling you today

When everybody around you about their health is crying  
give common sense a chance don't blame yourself for trying

## LETTERS TO THE EDITOR

### Clarification

The Saipan Fishermen's Association would like to make a public announcement that the winner of the Total Weight Category is Team *Debbie 1*, with captain Roque Chaco, from Guam. Captain Chaco and anglers (Randal Chaco, Ray Chaco, Anthony Chaco, Romy Wagan) of *Debbie 1* brought in a total of 303.4 lbs of fish during the 34th Annual Saipan International Fishing Tournament on July 14-15, 2018.

The SFA extends its sincere apologies to team Cabo Express captained by Heinz Hofschneider with crew members Benjamin Flores, Chris Flores, Bran DL Guerrero, Royce Barcinas, Patrick

We worked together on a number of initiatives when I was secretary of labor. He was a humble man of principle and integrity. He retired from the Senate in 2007 and died in 2014.

I appeal to the four of you to follow his noble example.

The stakes for the nation are far higher than they were in 2001. The issue today is not one on which honorable people like Jeffords may reasonably disagree. The issue now is the fate of our system of government.

All of you recognize the danger. All of you have expressed deep concern about what is occurring.

Sen. Flake recently introduced a nonbinding resolution acknowledging Russian involvement in the 2016 elections, expressing support for the Justice Department investigation and calling for oversight hearings about what happened in Helsinki. But Mr. Flake's fellow Republicans blocked that resolution.

Sen. McCain said the president has "proved not only unable, but unwilling to stand up to Mr. Putin," that Trump "made a conscious choice to defend a tyrant against the fair questions of a free press, and to grant Putin an uncontested platform to spew propaganda and lies to the world," and that the president has "failed to defend all that makes us who we are — a republic of free people dedicated to the cause of liberty at home and abroad."

Sen. Corker has likened the Republican Party to a "cult" and conceded that "it's not a good place for any party to end up with a cult-like situation as it relates to a president that happens to be of purportedly of the same party."

Moreover, the three of you have decided against seeking reelection. You have no reason not to follow your consciences.

Sen. Collins represents a state that has had a long and distinguished history of independent-minded politicians. (The other current senator from Maine, Angus King, is an Independent.) Her constituents will surely forgive her if she leaves the Republican Party.

There is a scene in the Robert Bolt play "A Man for All Seasons" in which Thomas More, having angered Henry VIII, is on trial for his life. After Richard Rich commits perjury against More in exchange for the office of attorney general for Wales, More says: "Why, Richard, it profits a man nothing to give his soul for the whole world. ... But for Wales?"

You have not pledged yours souls to the Republican Party. You have pledged yourselves to America. Now is the time to deliver on that pledge.

Robert Reich's latest book is *The Common Good*, and his newest documentary is *Saving Capitalism*.

Diaz, Jessica Tomokane, Edwin Hofschneider, Carlos Devera, and Francisco Deleon Guerrero for our mistake in announcing the team as the winner during the awards ceremony held at PIC on Monday, July 16, 2018. Thank you and God bless you, Team Cabo Express, for your understanding and great sportsmanship. It was a significant error on the SFA's part. Good work and congratulations Team *Debbie 1*!

**Gene Weaver**

President, Saipan Fishermen's Association

## Thank you!

The We Remember Them CNMI organization would like to thank everyone who planned, attended, supported or participated in our first Walk to Remember on Thursday, July 26, held in honor of Bereaved Parents Awareness Month.

Approximately 100 people joined in the event to remember and honor all children who died too soon.

With much appreciation, we would like to specifically thank the following organizations: CNMI Office of the Governor; CNMI Department of Lands and Natural Resources, Division of Parks & Recreation; *Marianas Variety*; *Saipan Tribune*; Lady Diann Torres Foundation; Tinian Mayor's Office; Tinian Delegation; Paradise Dental Spa; MINA; Rotaract Saipan; KKMP; KWAW.

In addition, Reps. Vinnie Sablan and Ed Villagomez were kind enough to lend their support.

We could not have held this event without the volunteers: Tania Marie Mendiola, Nicole Benjamin Sablan, Connie Togawa, Rose Hocog, Sheila Babauta, Marcia Schultz, Bernadita Dela Cruz, Maggie George, and Elaine Benjamin.

We Remember Them, CNMI welcomes all grieving people (and their supporters), regardless of cause of death, or age of the loved one. We come together to support each other, to honor and remember our loved ones and to share a feeling of hope for our future






Look for us on Facebook or contact us via WeRememberThemCNMI@gmail.com, Jill Derickson (989-9821), Maggie George (483-6825) or Donna Krum (783-1900) for further information.

**We Remember Them CNMI**

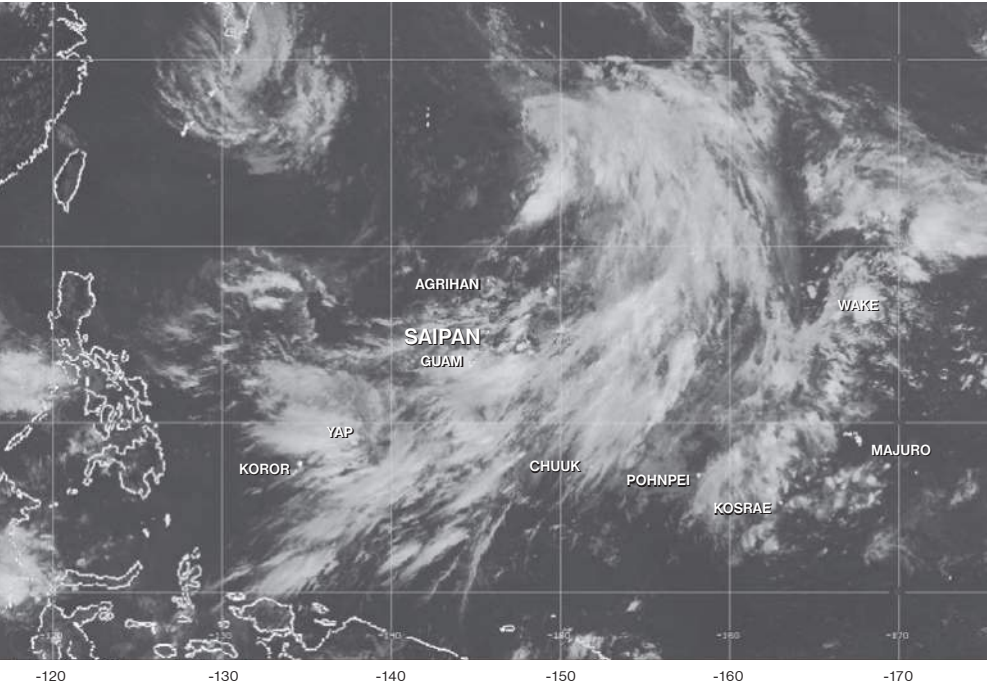


# The Weather

## 5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Mostly cloudy with isolated showers. South winds around 10 mph.	Mostly cloudy with isolated showers.	Mostly cloudy with isolated showers.	Cloudy with scattered showers and isolated thunderstorms.	Cloudy with scattered showers and isolated thunderstorms.
▲ 89° ▼ 78°	▲ 89° ▼ 78°	▲ 89° ▼ 78°	▲ 89° ▼ 78°	▲ 88° ▼ 77°

## YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 1:08 PM, SUNDAY, JULY 29, 2018

Western North Pacific between equator and 25N from 130E to 180.

Scattered showers and isolated thunderstorms for Guam and Rota and adjacent coastal waters for this afternoon based on satellite and radar trends. There is a large swath of rain off to the east of Guam that is slowly approaching. Some of it is dissipating as it moves westward, but there will be scattered showers, especially over the waters.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: [www.prh.noaa.gov/guam/](http://www.prh.noaa.gov/guam/)

MICRONESIA			▲ ▼ °F
Guam and Rota	Thunderstorm	87° / 79°	
Palau	Thunderstorm	84° / 77°	
Yap	Thunderstorm	86° / 79°	
Chuuk	Thunderstorm	86° / 80°	
Pohnpei	Thunderstorm	87° / 76°	
Kosrae	Thunderstorm	86° / 76°	
Majuro	Mostly Sunny	86° / 81°	

AROUND THE GLOBE			▲ ▼ °F
Auckland	Rain	59° / 48°	
Beijing	Partly Cloudy	93° / 79°	
Hong Kong	Thunderstorm	90° / 82°	
Honolulu	Showers	88° / 78°	
London	Mostly Cloudy	75° / 57°	
Los Angeles	Mostly Sunny	92° / 72°	
Manila	Thunderstorm	86° / 79°	
Melbourne	Showers	55° / 45°	
Miami	Thunderstorm	86° / 80°	
New York	Partly Cloudy	82° / 73°	
Osaka	Thunderstorm	91° / 81°	
Paris	Partly Cloudy	84° / 64°	
Busan	Showers	88° / 81°	
Rome	Sunny	97° / 73°	
Salem	Thunderstorm	88° / 71°	
San Francisco	Partly Cloudy	66° / 54°	
Seoul	Partly Cloudy	91° / 77°	
Tokyo	Mostly Sunny	90° / 79°	
Washington, DC	Thunderstorm	81° / 74°	



## NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- \*11 on any IT&E cellular phone
- Log on to the internet at [www.nmicrimestoppers.net](http://www.nmicrimestoppers.net)

TIDES: SAIPAN HARBOR TODAY			FEET
3:31 AM	LOW TIDE	1.06	
8:21 AM	HIGH TIDE	1.80	
3:33 PM	LOW TIDE	-0.10	
10:16 PM	HIGH TIDE	1.86	

DAY	SUNRISE	SUNSET
Today	5:58 AM	6:47 PM
Tuesday	5:59 AM	6:47 PM
Wednesday	5:59 AM	6:47 PM
Thursday	5:59 AM	6:46 PM
Friday	5:59 AM	6:46 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	7:39 AM	8:31 PM
Tuesday	-	8:27 AM	9:11 PM
Wednesday	-	9:16 AM	9:50 PM
Thursday	-	10:05 AM	10:28 PM
Friday	-	10:54 AM	11:08 PM

**NEWS DESK** For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: [editor@saipantribune.com](mailto:editor@saipantribune.com). Website:[www.saipantribune.com](http://www.saipantribune.com).

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**SUBSCRIPTION** Published Monday to Friday, *Saipan Tribune* offers door-to-door on-island delivery at an annual rate of \$180. For additional subscription information, call (670) 235-8747 or 235-2769, or fax 235-3740.

**ADVERTISING** For inquiries contact (670) 235-2769. E-mail: [sales@saipantribune.com](mailto:sales@saipantribune.com)

## FLIGHT SCHEDULE AS OF JUNE 6, 2018

DEPARTURES			
SAIPAN-GUAM (GUM)			
UA117	8:45am	9:30am	Daily
SAIPAN-BUSAN (PUS)			
7C3451	3:10am	6:10am	1, 7
7C3451	4:00am	7:05am	4, 5
SAIPAN-SEOUL (ICN)			
TW308	2:00am	6:05am	Daily
OZ626	2:10am	6:00am	1
OZ626	2:50am	6:40am	2, 3, 4, 5, 6, 7
LJ652	3:40am	7:30am	1, 4, 5, 7
7C3403	4:45am	8:30am	Daily
7C3401	4:00pm	7:45pm	Daily

SAIPAN-SHANGHAI (PVG)			
3U8648	5:40am	8:40am	1, 4, 5, 7
SAIPAN-HANGZHOU (HGH)			
JD396	7:30am	12:00pm	1
JD396	4:50pm	10:00pm	4

SAIPAN-GUANGZHOU (CAN)			
3U8646	4:20am	7:30am	2, 6
SAIPAN-BEIJING (PEK)			
MU764	1:30am	6:35am	3, 5, 7

SAIPAN-MANILA (MNL)			
OZ626/701	2:10am	10:55am	1 via ICN
OZ626/701	2:50am	10:55am	2, 3, 4, 5, 6, 7 via ICN
UA6394/191	4:15am	9:00am	2, 3, 6, 7 via GUM
UA6394/PR111	4:15am	8:10am	7 via GUM
UA6394/PR111	4:15am	9:20am	1, 2, 3, 4, 5, 6 via GUM
UA6398/183	6:05pm	9:40pm	2, 5 via GUM
UA6398/183	6:05pm	9:50pm	1, 3, 4, 6, 7 via GUM
UA6398/193	6:05pm	11:50pm	2, 5 via GUM-ROR

SAIPAN-HONG KONG (HKG)			
HX077	1:50am	5:15am	1, 4
OZ626/721	2:10am	11:50am	1 via ICN
OZ626/721	2:50am	11:50am	2, 3, 4, 5, 6, 7 via ICN
U043	5:45am	8:40am	1, 3, 5, 7
UA6398/159	6:05pm	11:00pm	1, 3, 5, 6 via GUM

ARRIVALS			
GUAM (GUM)-SAIPAN			
UA117	7:00am	7:45am	Daily
BUSAN (PUS)-SAIPAN			
7C3452	9:00pm	2:10am+1	4
7C3452	9:05pm	2:10am+1	3, 6, 7
SEOUL (ICN)-SAIPAN			
7C3402	9:30am	3:00pm	Daily
OZ625	7:40pm	1:00am+1	7
TW307	7:45pm	1:00am+1	Daily
OZ625	8:20pm	1:40am+1	1, 2, 3, 4, 5, 6
LJ651	9:10pm	2:40am+1	3, 4, 6, 7
7C3404	10:10pm	3:40am+1	Daily

SHANGHAI (PVG)-SAIPAN			
3U8647	10:20pm	4:30am+1	3, 4, 6, 7
HANGZHOU (HGH)-SAIPAN			
JD395	8:25am	3:30pm	4
JD395	9:55pm	5:00am+1	7

GUANGZHOU (CAN)-SAIPAN			
3U8645	7:40pm	3:00am+1	1, 5
BEIJING (PEK)-SAIPAN			
MU763	4:25pm	12:30am+1	2, 4, 6

MANILA (MNL)-SAIPAN			
UA182/6395	12:40am	8:05am	3, 6 via GUM
UA190/6397	9:55am	5:35pm	2, 3, 6, 7 via GUM
OZ702/625	12:25pm	1:00am+1	7 via ICN
OZ702/625	12:25pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
PR110/UA6395	10:05pm	8:05am+1	Daily via GUM
UA192/6395	10:30pm	8:05am+1	2, 5 via ROR-GUM
UA184/6395	10:55pm	8:05am+1	1, 3, 4, 6, 7 via GUM

HONG KONG (HKG)-SAIPAN			
OZ722/625	1:15pm	1:00am+1	7 via ICN
OZ722/625	1:15pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
HX076	5:15pm	12:15am+1	3, 7
U042	6:50pm	1:45am+1	7
U042	9:30pm	4:25am+1	2, 4, 6
UA116/6395	11:55pm	8:05am+1	1, 3, 5, 6 via GUM

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, LJ Jin Air, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

## STAR MARIANAS AIR, INC.

SAIPAN TO ROTA			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	7:30AM	8:00AM	Daily
1302	11:30AM	12:00PM	Daily
1303	4:00PM	4:30PM	Daily
ROTA TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	8:15AM	8:45AM	Daily
3102	1:45PM	2:15PM	Daily
3103	4:45PM	5:15PM	Daily
ROTA TO GUAM			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily
GUAM TO ROTA			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	1:00PM	1:30PM	Daily
SAIPAN TO TINIAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00AM	7:15AM	Daily
1202	8:00AM	8:15AM	Daily
1203	9:00AM	9:15AM	Daily

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1204	10:00AM	10:15AM	Daily
1205	11:00AM	11:15AM	Daily
1206	12:00PM	12:15PM	Daily
1207	1:00PM	1:15PM	Daily
1208	2:00PM	2:15PM	Daily
1209	3:00PM	3:15PM	Daily
1210	4:00PM	4:15PM	Daily
1211	5:00PM	5:15PM	Daily
1212	6:00PM	6:15PM	Daily
TINIAN TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2102	7:30AM	7:45AM	Daily
2103	8:30AM	8:45AM	Daily
2104	9:30AM	9:45AM	Daily
2105	10:30AM	10:45AM	Daily
2106	11:30AM	11:45AM	Daily
2107	12:30PM	12:45PM	Daily
2108	1:30PM	1:45PM	Daily
2109	2:30PM	2:45PM	Daily
2110	3:30PM	3:45PM	Daily
2111	4:30PM	4:45PM	Daily
2112	5:30PM	5:45PM	Daily
2113	6:30PM	6:45PM	Daily



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By BEA CABRERA  
beacabrerasaipan@gmail.com  
CORRESPONDENT

# Taking care of yourself

Taking care of one's self on the road to a fit and healthy life is no small step, temporary stage or anything short-term. One must be in it for the long haul. It may mean changing one's lifestyle, doing more physical activities, and intentionally having a mindset that eating responsibly is a commitment and results will come—just wait and see.

This is a familiar path to Adam Walsh.

"I started this fitness journey in 2010 at the age of 24. I was 205 lbs due to my job as a telemarketer and a five-year engagement that went south.

"I was taking prescription medications for acid reflux, high blood pressure, cholesterol, and depression.

"Moving to Saipan was the first step to changing my health and lifestyle," he said.

"It took me about one year to lose 55 lbs. The hardest thing was changing my eating habits. When I was overweight, I trained religiously, but paid no attention to my food intake. Once I started counting calories, I found out I was eating around 6,000 calories a day.

"I changed my diet to 2,500 calories per day and the excess weight just melted away. To keep myself on track, I tracked my workouts, meals, and calories in a workout journal," he added.

The road to fitness may put up challenges along the way. But motivation, focus and a strong will set these monkey wrenches aside.

"So far, I haven't relapsed. I



CONTRIBUTED PHOTO

Adam Walsh in 2010 before the decision to turn his life around and live a healthier life.

have gained weight and lost it again because of vacationing, travel, visiting family...

"The biggest hurdle for me is diet. I have always been physically active and dedicate one hour or more a day to fitness [but] for me, diet is more important than exercise... These things [vacationing, travel, visiting family] complicate my diet and exercise routines but I haven't exceeded 170 lbs since 2010," Walsh said.

"To stay disciplined and motivated, I keep a workout and eating journal. I also changed my workouts every three months. I started on all the Beachbody workouts like P90X, P90X2, Insanity, etc. I've since changed to resistance bands and have a year's worth of weight training workouts to keep me busy," he added.

Walsh is currently a teacher at the Northern Marianas College, a father of two toddlers



CONTRIBUTED PHOTO

Adam Wash at present. Maintaining an exercise routine and healthy diet gives him renewed energy every single day.

and a husband and he does not take anything for granted especially when it come to taking care of his health.

"Currently, I range from 150 to 170 lbs depending on the time of year. I'm an educator by trade and have some significant time off. During the winter, I visit family in Japan and summers are spent in Idaho with family," he said.

"I gain 10 to 15 lbs when I am off island. When I get back to Saipan, it takes about

three to four months to get back down to my desired weight of 150-155 lbs...

"To reiterate, focus on a healthy balanced diet. Don't starve yourself or spending a ton of money on a fad diet," he added. "We all should find time to exercise. That may be the most difficult thing to do. Diet is more important and an easier thing to alter since it won't require a time-commitment. Focus on eating right before taking on an exercise

regime."

Walsh recounts reading somewhere that one lengthens one's lifespan by two hours for every hour one exercises. "That's the only fact I need to continue my journey to be the fitness me I can be," he added.

Roldan Pelagio, who won the Lose Big, Win Big in the CNMI in 2017, did not have plans to enter a weight loss challenge. He only realized that he had to do something to lose even just a little weight when he noted that his clothes wouldn't fit him anymore. He joined the weight loss challenge with a partner, Bryan Belenton.

"The struggles I faced when trying to lose weight was my addiction to food, especially at the beginning of the training program, because the fitness program that you want to embark on is the hardest to start. Food is our satisfaction and sometimes we call it a stress reliever but we forget that we tend to eat more calories than we need every day. Alcohol consumption also a big factor in gaining weight."

In embarking on his fitness journey, change had to be done. "I focused my diet on 100 percent plant-based way of eating. This means no meat, dairy, eggs, milk, and no oil," he said. "This helped me a lot in melting all the fats.

"My exercises involved running, skipping rope, calisthenics and some weight lifting. Just moving my body regularly meant a lot. Rest is also important and I always have a rest day after a workout day."

Pelagio said that losing

See **TAKING** on Page 23

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## WHEN IT COMES TO MENTAL AND EMOTIONAL HEALTH,

# No man is an island

By **BEA CABRERA**  
beacabrerasaipan@gmail.com  
CORRESPONDENT

The line that “no man is an island, no man stands alone” may be clichéd but is true, especially when it comes to taking care of one’s mental and emotional health.

AJ Mettao, a behavioral health tech at the Community Guidance Center, certainly believes so. “First thing that a person should think about when it comes to achieving a healthy mental and emotional health is that he or she is not alone. It’s a common feeling and a lot of people have those feelings, so never feel like you’re the only one who thinks this way because many people think the same,” he said.

“Personally, I think it’s a normal feeling and the key is to allow it to pass. It only becomes an issue or problem when you hang on to it, when you feed it, and when you keep on giving it life and energy. Many people go through doubts, negative thoughts and feelings of inadequacy. Those are all normal feelings and don’t feel alone. Just let it pass as any emotion should,” he added.

Nadine Hamilton-Sablan, director for CGC, said that what we think and feel determine our mental state. “We always need to have a balance in our thoughts and emotions so that we can better interact with other people... we are social beings and we have to interact with people so what you think and feel becomes you,” she said.

“If you feel overburdened, you need to seek help. People in the community are actually ready to help and just by talking to the person—someone you work with, your mother, sister, friend or anyone—helps a lot,” she added.

Mental or emotional health problems can happen to anyone and the way to counter it is to be aware of it as a step toward getting empowered.

Clinical services officer Glenda S. George-Benavente said that empowering one’s self is important in overcoming mental and emotional problems. “Empowerment is learning how to cope and experiencing hardships and going through it on your own. Whether it is the right decision or not, you will eventually figure it out.”

“Sometimes you just have to fall to pick yourself up and then say I can do this, I’ve gone through this and whichever way it was, it was you who made your way up. The support of family and friends will help but doing it on your own and making it marks true success—of being able to overcome life’s challenges,” she added.

Mettao echoes George-Benavente’s thoughts about empowerment. “Most of the participants that come in, we empower them...we help them realize that it’s within themselves that they can figure out what works for them... Empowerment means giving them tips like you can do this, check out what works for you. This makes them stronger be-

cause of the thought, ‘Hey, I handled this on my own’ and this makes them realize they are strong and can take care of things.”

“I think that’s the basis of CGC: to empower the community to make you feel like you are in the driver’s seat, you are in control and it’s not one of those things you can’t handle because, at the end of the day, you just need some guidance,” he added.

There are no specific criteria why and how some people eventually have mental and emotional problems—it could be genetics or circumstances—but whatever it is, getting help and support are equally important.

“Embrace who you are...we value each and every person for what they bring. We are looking at social support, that’s a big factor in our program at CGC. We are also bringing in cultural activities to help build that foundation so people will have an environment that is continuously growing,” George-Benavente said.

“Simply put, we need one another, we need others to survive and just like the saying goes, ‘It take a village to raise a child,’ especially on this island that is small, we need all the help we can get,” she added.

The Community Guidance Center is a division of the Commonwealth Healthcare Corp. For more information about its programs, visit them at the second floor of the TSL Plaza in Garapan or call (670) 323-656560-61.



BEA CABRERA

From left, Nadine Hamilton-Sablan, AJ Mettao, and Glenda S. George-Benavente of the Community Guidance Center.

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## GARRETT LEE SMITH YOUTH SUICIDE PREVENTION PROGRAM

# How to help

## IF YOU THINK A FRIEND OR LOVED ONE MAY BE CONSIDERING SUICIDE

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Listen. Listen – and pay attention to online conversations and posts – don't judge, and try not to act shocked, no matter what they say. Take them seriously.

Encourage them to get help. Encourage them to go to an adult that they trust – a family member, teacher, or guidance counselor.

If they won't go for help or if you don't think they'll do it fast enough, tell an adult that you trust right away. Call the National Suicide Prevention Lifeline (1-800-273-8255) if you're worried, stressed, or aren't sure who to tell. Don't keep it a secret, even if your friend made you a promise. You could be saving their life.

*The Garrett Lee Smith Youth Suicide Prevention Program focuses on assisting youth (ages 10-24) who may have attempted suicide or have had/are having suicidal ideation. Counseling and wraparound services are available. For more information, or if you, or someone you know is having thoughts of suicide, please call our office at the numbers listed below.*

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PROGRAM'S WELLNESS AND ADVOCACY FOR SUICIDE  
PREVENTION PEER SUPPORT GROUP

### About us:

Our mission is to educate the community about suicide prevention, as well as reduce the number of suicide attempts and completions in the CNMI. Our vision is to decrease stigma around mental health issues and increase self-esteem, respect, and self-worth.

We are always looking for new members to join our group. If you are interested in volunteering and between the ages of 16-22 or would like more information, please call the GLS office at 664-5433 or email [glswasp@gmail.com](mailto:glswasp@gmail.com).

## Researchers: Implant device is tested against resistant high blood pressure

By DELTHIA RICKS  
NEWSDAY

A Long Island patient has become the first in the Northeast to have a small, experimental device implanted in the upper thigh to control aggressively high blood pressure, doctors at the Northwell Health system said.

The novel treatment involves a tiny experimental device called the ROX Coupler, which is slightly smaller than a paper clip, but is designed to take on the titanic task of controlling a form of hypertension that defies attempts to lower blood pressure by using drugs, diet and exercise.

The condition is formally called resistant hypertension, a type of high blood pressure that has virtually zero name recognition among the public, but invariably underlies heart attacks, strokes and congestive heart failure.

"We're talking about systolic blood pressure that is greater than 150," said Dr. Mitchell Weinberg, a researcher at Northwell's Feinstein Institute for Medical Research in Manhasset. He is implanting the device in hypertension patients recruited into a clinical trial that has just gotten under way.

"These are people who are already on significant doses of multiple medicines," he said.

Systolic pressure refers to the upper number in the blood-pressure fraction. It defines the force on blood vessels as the heart contracts. The lower number, the diastolic, defines the pressure on the heart in its relaxation mode between beats.

"When we talk about this type of hypertension, we are referring to the kind we often see in the aging population because it is related to the stiffness of blood vessels," Weinberg said.

Hypertension is a major public health concern.

A consortium of cardiologists from the nation's leading health organizations formulated new guidelines last year that dramatically boosted the number of people nationwide considered to have high blood pressure, often called a silent killer.

Guidelines now indicate that hypertension begins at 130/80, rather than 140/90 as emphasized by previous definitions from the American Heart Association and American College of Cardiology. The change was designed to help drive down rates of cardiovascular disorders that

have high blood pressure at their core. The new Northwell research is aimed at people with the worst form of the condition.

Doctors at three Northwell institutions — Sandra Atlas Bass Heart Hospital, North Shore University Hospital and the Feinstein — are testing an implantable device called the ROX Coupler. The Northwell research is one arm in a multicenter, nationwide trial aimed at testing the coupler's safety and efficacy.

While the research at Northwell is new, the implant has been under study in this country and abroad for nearly a decade. It initially was developed by its Southern California maker, ROX Medical, as an implant to treat COPD, chronic obstructive pulmonary disease, Weinberg said.

Although it didn't have optimal effect on that disorder, which is marked by severe respiratory distress, it had an unexpected benefit: lowering patients' blood pressure. That serendipitous discovery led medical investigators to determine that the coupler was probably best placed where it could control blood pressure — in the upper thigh. For COPD, it has been placed in the pelvic region to enhance oxygen reaching the lungs.

"When someone has hypertension, they have high pressure in the arteries," said Dr. Andrew Galmer, one of the study's investigators and a vascular medicine specialist at North Shore University Hospital. "The veins are a low-pressure system."

The device is implanted "between the iliac artery and the iliac vein," in the groin, Galmer said. "Once the device is in place, that high pressure system in the artery is now offloaded to the vein, thereby alleviating the pressure, like a pop-off pop off valve."

Hypertension medications can lower blood pressure by 5 to 10 millimeters of mercury, the units by which pressure is measured. The coupler drops blood pressure by 30 millimeters, Galmer said.

He called it the most intriguing device being studied in hypertension.

Weinberg is the specialist who implants the coupler in a minimally invasive procedure. But because the study is a double-blind, placebo-controlled trial, he is the only one who knows which patients have it. Neither Galmer nor the patients are told. Weinberg acknowledges im-

See **RESEARCHERS** on Page 23



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# Getting fit starts in the kitchen

By BEA CABRERA  
beacabrerasaipan@gmail.com  
CORRESPONDENT

Health and fitness coaches are wont to say that getting fit does not start in the gym but in the kitchen.

Nutrition plays a big part in one's fitness journey; the workout comes second. Meal preparation—or meal prepping—is a big factor in losing and maintaining weight as it is a process of planning and preparing meals ahead of time, which gives one control over food portion and what you put into your meals that

is appropriate to the body weight one wants to achieve.

Twenty-five-year-old bodybuilder and personal trainer Enrico Valdez has been practicing meal preparation for the past six years. "I meal prep because I was constantly getting sick from my poor diet choices in the past so I decided to make a change. I started meal prepping full time when I was introduced to the fitness world and became a full-time bodybuilder/physique competitor," he said.

"It was meal prepping that helped me achieve many

goals in my fitness career, like winning the annual Dee Clayton Classic for three years straight in the Men's Physique category. I believe that my body is a reflection of my lifestyle and eating habits. My goal is to inspire and motivate people to live a healthier lifestyle, so I choose to be a role model by staying true to myself and the fitness lifestyle," he added.

Meal prepping for him means preparing meals for six days and allowing one cheat day or meal per week. "My meals are prepped for

Monday to Saturday. On Sunday I will allow myself to have a treat at my favorite restaurant. In addition, meal prepping is done in either short term or long term," he said.

"Meal preparations in the short-term are usually done by people who are preparing for a photoshoot, beauty pageant, bodybuilding competition or any event that requires your body to look its best in a short period of time. [That's usually within] three to four months. Meal preparations in the long term are for people who dedicate

years so that they can be healthier and pursue longevity," he added.

The advantages of meal preparation outweighs the disadvantages, according to Valdez. "For one, it is cost-effective. People who meal prep are more likely to save money because they are aware of how much they are going to spend versus constantly having to eat out for lunch or dinner. Two, it is time-saving. Meal preparation allows you to manage your time more efficiently and it is also very convenient for people who are on-the-go. [There is] no need to leave work to go eat out at your favorite diner, [it] saves you gas as you only need one to three minutes in the microwave and you are ready to eat," he said.

"The best part is you know exactly what you are putting in your food....When you prep your meals, you know exactly how much macro/micro nutrients you consume daily... You know exactly how much salt, fat, protein, carbohydrates, and calories are on your plate because you are in control. The only disadvantage I can think of is having limited choices of food. People meal prep so that they can eat healthier, but there are limits. If you are okay with eating the same kind of food for five to six days straight, then meal prepping will be perfect for you," he added.

Personal trainer Aaron Tomokane believes meal preparation is not only for athletes or people in fitness but also for regular people.

"It is convenient for people who are working on their feet, away from home, no access to restaurants and for people who work 8-12 hour shifts," he said. "As a bodybuilder and trainer, I encourage my clients to do this

because it they can watch calorie intake for a day. Everyone has a calorie requirement, whether you want to lose, gain, or maintain your weight, so how you meal prep is based on the calories one needs," he added.

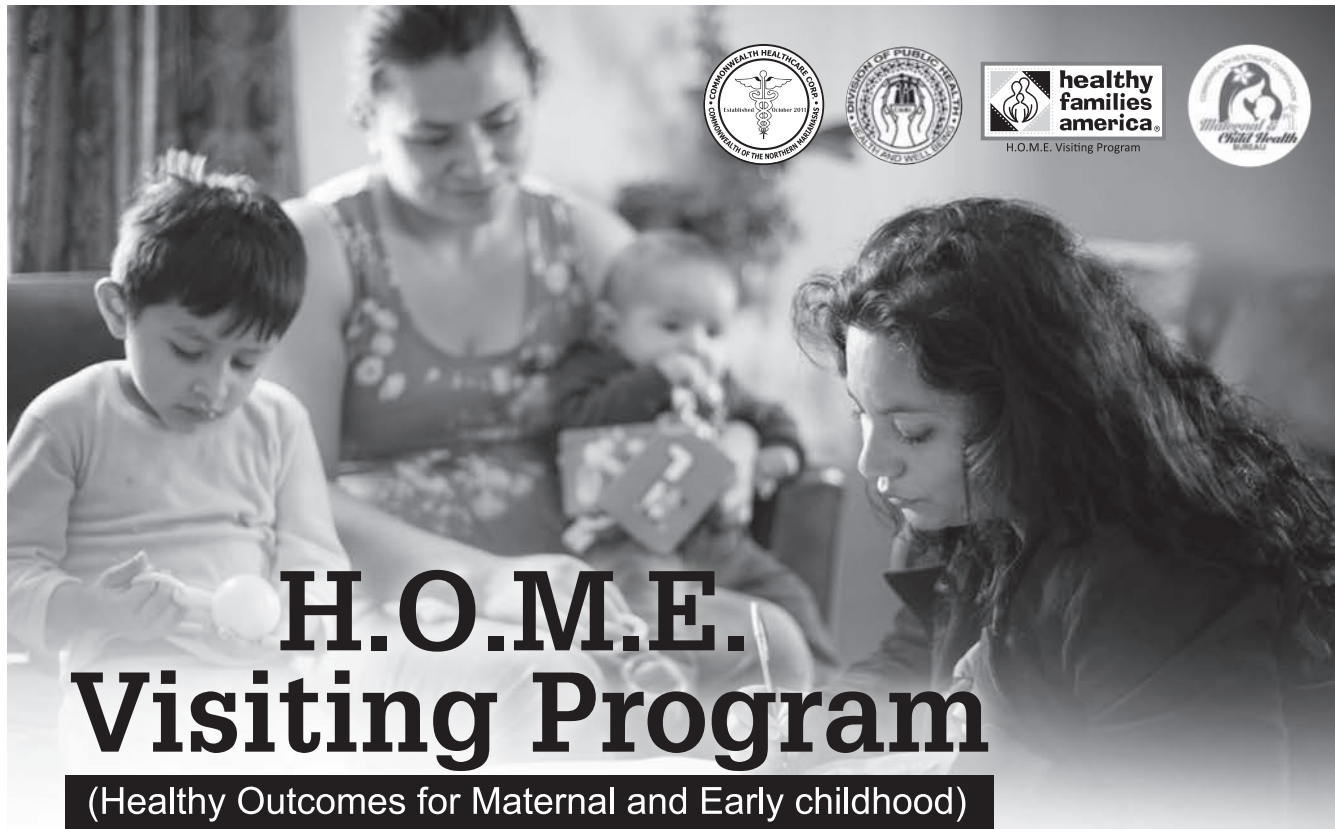
Tomokane believes that taking care of one's health and nutrition should require a hundred percent commitment. "When people ask me how much nutrition should be put in to be healthy, I tell them its one hundred percent nutrition and hundred percent training. You want to fuel your body for the amount of work that you put it through. Our body is like a car—you've got to keep fueling it. For our body, it has to be the right fuel from the right food," he said.

"Meal preparation is one factor to achieve fitness goals and the mentality has to be long term. Some see it as a burden like, 'Oh, I'm so busy to cook food for many hours,' but people don't actually know they are saving money and time in the long run and building a healthy lifestyle in the process," he added.

Tomokane started meal preparation before his career as a personal trainer. "I learned to do meal prep since high school as I was an overweight kid my whole life and this was the first step the led me to changing my body. It takes a lot of commitment and good discipline. Combine the two, it just leads to a healthy lifestyle," he said.

"One can start meal preparation at any age, especially with children. Parents have a big role in helping a child be healthy and they should take advantage and encourage their children to eat a healthier diet. Good eating habits start at home. As for

See GETTING on Page 23



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Personal trainer Aaron Tomokane.

BEA CABRERA



# Keeping up with the kids

By ARMIN BROTT and SAMANTHA FEUSS  
TRIBUNE NEWS SERVICE

If you've got an energetic child, you know how exhausted you can feel at the end of the day. One way to get in shape—especially if it's too hot to workout outside or you don't have time to go to the gym—is to do your exercising at home. These DVDs can help.

## —“Bottom Line and A Core Defined” (Patricia Friberg)

This Pilates and strength-based workout is broken into three segments: “Bottom Activation 1 and 2,” and “A Core Defined.” The first two (as you can guess from the name) focus on defining your butt, but also work your core, improve your posture, and help you become more flexible and fit. Aside from the glutes, you'll also feel this workout in your abs and legs. Do the first activation a few times before you move on to the second, just to get the hang of it and to get your body ready for the higher intensity. “A Core Defined” covers more of the body, but the primary focus is the abs. Friberg gives good

direction throughout. Just work at a pace that's comfortable and move on when you're ready. \$20 at <http://www.patriciafriberg.com>

## —“Your Sexy Everything: Booty, Legs & Thighs” (Ilyse Baker)

Despite what you might think from the first part of the name, “everything” is pretty much confined to what's south of the Mason Dixon Line. It includes four mini-workouts (each is only 5 to 8 minutes long) as well as two bonus workouts: “Ballet Grooves” (a lot of fun packed into five minutes) and the “Dancer's Floor Stretch” (10 minutes of lengthening, flexibility-enhancing stretching, and toning). \$15 at <http://ilysebaker.com/>

## “Dancinate: Sassy Jazz and Hip Hop Fusion” and “Dancinate: Burn with the Beat” (Ilyse Baker)

These fun workouts are great ways to add some variety to your exercise routine, and maybe learn some new moves. If you're already a great dancer, you're all set! These two DVDs will build your skills and be good practice. Not a good dancer? No


problem. They're still really fun, and no one's watching you anyway (except your kids), right? So enjoy. \$15 at <http://ilysebaker.com/>

## —“In Light of Change” (Julie Rammal)

This one's a nice change of pace. It's a little slower and works out your whole body. It's also one of the more interesting DVDs we've tried in a while. It includes eight very different segments (ranging from Cardio Boxing to Tibetan Rituals), none of which take more than eight minutes to complete. The workouts are said to be inspired by “aerobics, primal movements, yoga, Pilates, stretching, and nature.” As such, no equipment is required. We found the workouts calming and relaxing, while still providing a good challenge. One caution: “In Light of Change” isn't the best choice for beginners. Ms. Rammal isn't great with giving instructions or modifications, so do only what you feel comfortable with and use your best judgment for when and how to modify. About \$19 from Amazon.com

See KEEPING on Page 23

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# Healthy

# Choices



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Our Fruit and Maple Oatmeal starts with two full servings of whole-grain oats and a touch of cream. McDonald's oatmeal is loaded with red and green apples, cranberries and two varieties of raisins. And you can have it just how you like it, with or without brown sugar.



NUTRITION SUMMARY*			
<b>310</b> Calories	<b>4 grams</b> Total Fat (6% DV)	<b>62 grams</b> Total Carbs (21% DV)	<b>6 grams</b> Protein



### Destined to become a classic.

## Egg White Delight McMuffin®

Made with 100% freshly grilled egg whites, extra lean Canadian bacon, smooth white cheddar and a warm, freshly toasted English muffin. The Egg White Delight is 280 calories and packed with protein.

NUTRITION SUMMARY*			
<b>280</b> Calories	<b>10 grams</b> Total Fat (6% DV)	<b>29 grams</b> Total Carbs (21% DV)	<b>18 grams</b> Protein

### Perfectly seasoned with just the right flavor.

## Artisan Grilled Chicken Sandwich

Grilled chicken breast sandwich made with all white meat chicken filet that has no artificial preservatives, flavors or colors and perfectly marinated for juicy flavor. Layered with crisp leaf lettuce and tasty tomato, and topped with a vinaigrette dressing, all on our delectable artisan roll.



NUTRITION SUMMARY*			
<b>380</b> Calories	<b>6 grams</b> Total Fat (6% DV)	<b>45 grams</b> Total Carbs (21% DV)	<b>36 grams</b> Protein



### Add a little zest to your greens.

## Southwest Grilled Chicken Salad

Artisan grilled chicken made with all white meat chicken filet with no artificial preservatives, flavors or colors – grilled and seasoned to perfection with ingredients like salt, garlic powder and parsley. Layered with savory black beans, roasted corn and tomatoes, and poblano peppers. Sprinkled with cheddar and jack cheeses, chili-lime tortilla strips and cilantro. All atop crisp chopped romaine, baby spinach, baby kale, red leaf lettuce and ribbon cut carrots. Plus, a fresh lime wedge and Newman's Own Southwest dressing.

NUTRITION SUMMARY*			
<b>350</b> Calories	<b>11 grams</b> Total Fat (6% DV)	<b>27 grams</b> Total Carbs (21% DV)	<b>37 grams</b> Protein

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

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## VOX POPULI

## Health and fitness goals

By BEA CABRERA  
beacabrerasaipan@gmail.com  
CORRESPONDENT

"I walk everyday for one hour and it gives me more energy and it's good for my heart. I would like to maintain that for the rest of 2018."

—CONNIE DANCEL  
Chalan Kanoa



"My health goals remain fairly constant from year to year. Most importantly, I strive to maintain my athletic abilities and continue to function at the highest capacity I am able to, given my rapidly advancing years. I have increased the amount of walking I do and decreased the running in an effort to preserve my joint health. I average approximately five miles a day of walking and have reduced my running to once a week with the Saipan Hash House Harriers, which seems to be a good balance for me. My resting heart rate averages around 56 beats per minute, which is considered "healthy" but I'd like to get it a bit lower through the incorporation of more swimming and other low-impact activities into my exercise repertoire."

—ERIC GREGOIRE  
Puerto Rico



"I'm hoping to live a healthier lifestyle by getting out and enjoying the outdoors instead of sitting around my electronics. Making better choices when I eat and not drinking as much. Also trying to quit smoking cigarettes again...the worst habit I ever picked up."

—RISS AFJAY-SABLAN  
Navy Hill



"My fitness goal for 2018 is to continue to race motocross with my 15-year-old son, Blaze. He keeps me doing physical activities that I really love and have been doing for years. A positive attitude and a good sense of humor, I believe, is the secret."

—KIM AIKEN  
Guam



"I'd like to get up to 250 lbs by the end of 2018 because I think it would be a novelty to feel what it's like to carry around that much mass. It's a weight that would qualify most people as obese, but, at 6'7", I hope I can accommodate the increase without any adverse health effects."

JEREMY ROTHER  
Papago



"Consistency. Whether feeling full of energy or not, get out and do something. If you can't run, walk. Can't walk, swim. Just keep moving."

—KEITH LONGUSKI  
Navy Hill

"To stay active by working out regularly. As one of the literary characters of my childhood used to say, "To strive, to seek, to find, and not to yield."

—VLADISLAV MIENIK  
Saipan



"To keep exercising and stay active. I had high cholesterol at one time and all my problems went away when I started working out. My form of exercise is LES MILLS On Demand and it has hundreds of work outs. I started it in Guam 15 years ago but, there, they have the instructors in front of you. They teach you body combat, body pump, Pilates, yoga, meditation even for pregnant women and children. Because we don't have anyone certified on Saipan, I do it on demand at home. I do the work-outs every morning and afternoon."

—BARBARA CEPEDA  
Assistant attorney general, CNMI



## Nutrition this and that's

By BARBARA QUINN  
THE MONTEREY COUNTY HERALD

I often get asked if it's difficult to come up with a new topic about nutrition each week. Are you kidding me? My biggest challenge is to narrow down the daily input of nutrition research into just one subject. Call it summertime, but this week I wasn't up to the challenge. So here are more than one newsworthy findings that popped up in the field of nutrition this week:

If you want to get less sugar from your daily banana, eat one that still shows some green, says registered dietitian Abbey Sharp. That's because under-ripe bananas contain more starch that slowly converts to sugar as it ripens. Both sugar and starch are carbohydrates, to be sure. But greener bananas are especially high in "resistant starch"—a carbohydrate with some unique health benefits.

Resistant starches are not digested in the intestinal tract so they affect our bodies more like dietary fiber and don't raise blood sugars like other carbohydrates. Resistant starch also helps feed the good bacteria in our guts which promote health and may even have a role in controlling our weight. No need to toss bananas when they turn black, however. At this stage, they make an ideal replacement for sugar in recipes. Banana bread, anyone?

Here's one treatment where more is better. Osteoarthritis (OA)—sometimes called "wear and tear" arthritis—is caused

when the cartilage that cushions our joints breaks down over time. And it hurts, especially if the wear and tear is in the joints of our knees.

Hauling around extra pounds can aggravate osteoarthritis. But how much weight do we need to lose for relief? Experts currently say that an overweight person can cut their knee pain in half by losing just 10 percent of their current weight. (That would be 20 pounds for someone who weighs 200 pounds). A recent study published in Arthritis Care & Research, however, found that losing 20 percent (40 pounds for the person who weighs 200 pounds) improved knee pain an additional 25 percent. I know, I know, easier said than done.

And here's the bad news for those of us who use SuperTracker—an easy-to-use online tool developed by the US Department of Agriculture to calculate and track calories and nutrients. This great resource was discontinued in June.

Why? I cried. Apparently there are similar free tools in the private sector so USDA decided to save us some tax money. Here are a few alternatives to explore, according to registered dietitian Marisa Moore: Spark People [www.sparkpeople.com](http://www.sparkpeople.com), My Fitness Pal [www.myfitnesspal.com](http://www.myfitnesspal.com), Self Nutrition Data [www.nutritiondata.self.com](http://www.nutritiondata.self.com). Moore also reminds us to look for nutrition trackers that utilize reliable nutrient databases such as the USDA Food Composition databases <https://ndb.nal.usda.gov/ndb/>.



Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at [barbara@quinessentialnutrition.com](mailto:barbara@quinessentialnutrition.com).





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Tommy Dixon and client Pallavi Shattuck head out on the Greenway on a tandem bicycle.

By KAREN ZAMORA  
STAR TRIBUNE (MINNEAPOLIS)

**T**WIN CITIES, Minn.—Matthew Williams was snowboarding down Hyland Hills slopes when he overshot a jump, fell and severed his spinal cord.

In the seven years after the injury that left his legs partly paralyzed, Williams, 43, struggled to find an adaptive sport that stuck or felt safe. Then, last summer, he heard about Twin Cities Adaptive Cycling (TCAC)—and he was hooked.

“Cycling was my thing when I was young, but I

didn’t get on a bicycle again until last summer,” he said, “and it was amazing.”

The south Minneapolis nonprofit with a fleet of adapted bicycles is in its second summer offering people with disabilities a chance to gain confidence, get some exercise and find new ways to get around. In a metro area known for its enthusiasm for biking and boasting more than 200 miles of on-street and protected bikeways, the group’s founders see a place where adaptive cycling can continue to grow.

“We’re reaching a lot of people who didn’t have this before,” said Caito Bowles-

Roth, a co-founder of TCAC. “Some people will say, ‘There’s no way. I can’t walk. I can’t ride a bike.’ And then they find that freedom.”

The Twin Cities has had some adapted cycling opportunities for years, including at Courage Kenny Rehabilitation Institute. But Bowles-Roth, an occupational therapist with Minnesota roots and a background working in adaptive cycling in California, noticed there was no one making the equipment available to the general public. So she moved to Minneapolis and started the nonprofit in 2017.

The group had 10 adapted cycles and provided rides to 42 people during the first summer. So far this summer, they’ve served 40 riders, attracted 23 new people, and now have 27 bikes.

“I was super excited to hear about Caito’s program and to have another option,” said Megan Welty, program coordinator for adaptive sports and recreation department at the Courage Kenny Rehabilitation Institute.

Michelle Kiefer works for the Bicycle Alliance of Minnesota, where she manages and coordinates a program for communities and schools to implement safe routes to schools. When speaking with schools, she has heard from teachers about how to get students with special needs on a bike. But until TCAC, Kiefer couldn’t find a local group for those students.

“It was eye opening that this isn’t something we offer in the metro area or statewide,” Kiefer said. “I didn’t find a program like this at all in Minnesota that offers

# Adaptive cycling helps people with disabilities learn to ride

retired physicians who began adapting recumbent tricycles for patients and people they knew.

Hammerschmidt said adaptive cycling is “terrific medically.”

This type of activity “retains muscular strength and it’s fun, so people stay with it,” Hammerschmidt said.

Participants come from around the metro to ride with TCAC and along Minneapolis’ network of trails. That’s partly why the group meets where they do.

“Integration along the greenway is important,” Bowles-Roth said.

## ‘EVERYBODY CAN RIDE A BIKE’

At Courage Kenny, adaptive cycling is one of the rehabilitation services offered for people with short- and long-term medical conditions, injuries and disabilities. The institute based in Golden Valley uses handcycles and trikes for weekly group rides. This year, Welty said, they have averaged 15 to 20 riders each week, which is a jump from four years ago when they had about 5 to 10 people participating.

“A lot of it is educating people that there are bike options for them,” Welty said. “Everybody can ride a bike. It’s an incredibly accessible sport if you have the right equipment.”

Amy Ward, a TCAC rider who has multiple sclerosis and is visually impaired, uses a recumbent tricycle linked behind another tricycle ridden by a volunteer. But at first, she was intimidated.

“I’m thinking, ‘I can’t do that,’” said Ward, 53. “But then after I saw it and sat down, I could do it.”

On a warm evening in late May, Williams settled in on a recumbent tricycle with the help of Bowles-Roth and Hammerschmidt. He said he wants to keep up his strength, but finds physical therapy treatments mundane. “I can get on a bicycle and it’s fun,” Williams said. “It seems like I’m getting stronger.”

He pedaled off along the Midtown Greenway with his parents—on their own bicycles nearby—headed toward the lake Bde Maka Ska.

GLEN STUBBE/MINNEAPOLIS STAR TRIBUNE/TNS



Caito Bowles-Roth and volunteer Mary Arneson attach bicycles to create a three-seater for clients Pallavi Shattuck and Amy Ward.

GLEN STUBBE/MINNEAPOLIS STAR TRIBUNE/TNS

adaptive bikes for adults and children with special needs until Caito’s.”

## LOOK FOR THE BLUE CONTAINER

The nonprofit’s base is a bright blue shipping container in a parking lot that it shares with the Urban Ventures soccer fields near the Midtown Greenway.

Three days a week—Tuesdays, Thursdays and Saturdays—TCAC blocks off the parking lot with orange cones and Bowles-Roth, co-founder Tommy Dixon and other volunteers pull the bicycles out of the shipping container. There are dozens of them, allowing the group to cater to people with different abilities: hand cycles, recumbent tricycles and tandem bicycles.

Riders can sign up in advance or show up to see what’s available. Volunteers help people get settled and practice maneuvering around the parking lot. Once they’re comfortable, riders can venture out onto the greenway, accompanied by another rider.

There isn’t a set fee for rid-

ers, but TCAC suggests a donation of \$10 per ride or \$50 for a season pass.

The group keeps the cost low because the expense of owning and storing an adapted bicycle can be a barrier to people, Bowles-Roth said. A new no-frills recumbent cycle, which allows the rider to recline, can cost \$1,100. Plus, most adaptive bikes are a challenge to transport as they don’t fold up easily or fit on a standard bicycle rack.

Many of TCAC’s bike have been paid for with grant money or donated by volunteers, such as Dale Hammerschmidt and Mary Arneson,



Caito Bowles-Roth adjusts a pedal on an adaptive bicycle.

GLEN STUBBE/MINNEAPOLIS STAR TRIBUNE/TNS



Tommy Dixon replaces a blown inner tube on one of the adaptive bikes.

GLEN STUBBE/MINNEAPOLIS STAR TRIBUNE/TNS



Tommy Dixon replaces a blown inner tube on one of the adaptive bikes.

GLEN STUBBE/MINNEAPOLIS STAR TRIBUNE/TNS



# Which workout is best for you: High or low intensity?

By MIKE CANDELARIA  
ORLANDO SENTINEL

**ORLANDO**—High-intensity interval training has become a big deal among workout enthusiasts, who like the short bursts of intense exercise alternated with longer periods of rest.

But some folks still prefer low intensity workouts—repetitive moderate motion for 30 to 45 minutes.

So which is better for you?

"They both have their place," said Niki Davis, fitness manager at the 365,000-square-foot RDV Sportsplex Athletic Club in Maitland. "Decide for yourself that you're going to be someone who includes exercise in your life and just try to figure out what that is for you."

The difference between the two workouts, obviously, begins with intensity. Yet, as

you look at your fitness—both how to get it and how to keep it—there is much more to consider.

Heart rate. Regimen. Recovery. Types of exercises. Fitness goals. Time available. Those are just a few of the key variables, local fitness experts say.

For starters, an easy calculation for maximum heart rate establishes target training zones, which then can determine your exercise regimen and needed recovery, said Ryan Mowery, a personal trainer at 70,000-square-foot Fitness CF Orlando. To calculate, subtract your age—50, for example—from the number 220. That gives you a maximum heart rate of 170, approximately.

High-intensity exercises produce heart rates of 80 percent to 90 percent of your maximum in short intervals

followed by time to recover, Mowery said. Think pushing a sled, running with weights or sprinting.

"You're going to work as hard as you can," Mowery said, noting that 30 seconds of sprinting followed by a one-minute recovery could be repeated for a total of 20 minutes.

Meanwhile, low-intensity training targets 60 percent to 70 percent of your maximum heart rate, from sustained effort as opposed to short intervals, with the exercise typically in the form of walking, swimming, jogging or biking at a relatively slow pace.

If you can't monitor your heart rate precisely, consider that during a low-intensity workout, you'll still be able to hold a conversation—but not during strenuous high-intensity workout.

In the past several years,

high-intensity workouts have gained popularity, thanks in part to CrossFit, said Tyler Farwell, a medical wellness manager at Florida Hospital. CrossFit involves everything from dusty hill sprints and sandbag carries to ocean swims, and the type of training has been popularized by televised events such as the CrossFit Games on ESPN, Farwell said.

"People see it on TV. Also, a lot of people are busy and they ask, 'What can I do in 20 minutes that's going to give me the most bang for my buck?'" Farwell said.

Among the leading benefits of high-intensity workouts are faster calorie burning as well as what's commonly called "after-burn"—resulting from exercise oxygen consumption.

"It's how much exercise you need to recover after the bout of exercise to return to steady

state, or normal. When you do any type of high intensity interval training, the demand is so high on your body that you burn calories not only during exercise but for several hours to 48 hours following the exercise," Davis said.

In essence, the higher the intensity of a workout, the more calories and fat you will lose.

But low-intensity workouts are seemingly making a comeback of sorts. A January article in *Livestrong*, a diet/nutrition/healthy lifestyle website created by the *Livestrong* Foundation, was titled "Why LISS (Low Intensity Steady-State) Cardio Is the New Feel-Good Workout." The low-intensity workout has "been around forever," Farwell said, noting that through the years it has simply been labeled "road work," or walking and jogging.

Low-intensity exercise is especially appropriate for beginners and people with poor fitness levels because of its relatively comfortable pace, Farwell said: "It's a little easier to ease them in with steady-state cardio than it is to run them into the ground right away."

Also, that type of exercise can effectively build cardiovascular endurance, strengthening the heart muscle while keeping other muscles of the body moving.

"If I'm a runner and I want to run farther, I'm not going to run fast and far on the same day. This would be a great day for me to have a low intensity run, maybe a walk/run, so I can work on my distance versus my speed," Davis said.

Body recovery is another consideration, with varying intensities playing a role in creating the necessary bal-

ance. "You don't want a constant state of stress on your body. Maybe it's better to do two days of high-intensity and two days of steady-state," Mowery said.

Davis recommends a minimum of three workouts—something, anything—per week.

"Be willing to try new things," she said. "If you don't ever put yourself outside of your box, you might be missing out on something you really enjoy. Exercise isn't necessarily one size fits all."

Mowery agreed.

"If you do the same (workout) all the time, it's going to stop working eventually. Your body adapts to it. Do a little bit of everything. ... Keeping your exercise regimen different is how you're going to get those changes. And it keeps it interesting, keeps it fun."

The best program is the program that you'll follow over time.

"Find something you like to do, because if you don't like doing it, more than likely you're not going to do it," Farwell said.

That's what Barbara Elvey did. The Longwood resident, a member of the RDV Sportsplex Athletic Club since 2012, does low-intensity training by walking a mile in the pool four days a week. Elvey also takes Active class (a mixture of cardio, strength and flexibility) twice a week. And she ups the intensity with RDV's HIIT Zone class (using a heart-rate monitor) three times a week.

"I think it's the perfect balance," said Elvey. "I'm not going to get any younger, so I just have to keep doing it and I'll do it as long as I can. It keeps me healthy."

## TAKING

From Page 14

weight can be automatic, as long as you eat the right amount of calories at the right time. "No overeating and being consistent with the fitness program that you started with are the most important factors to have in mind all the time. Being disciplined means you want to achieve a goal."

"My goal during that time was to win and see the best version of myself. The prize money would be the last of the motivation. It is easy to gain all of the weight back but for me, I stayed on my plant-based way of eating and it helped me not gain any weight," he added.

In retrospect, Pelagio believes that starting his fit-

ness journey was worth it. "I learned a lot about my body, the importance of food and an active lifestyle. I started learning more about plant-based eating and there are actually a lot of varieties and vegan options. Nobody can take care of ourselves but ourselves only and we cannot rely on others to tell us what to do because it should start from one's self," he said.

"Changing your lifestyle means changing your outlook about your health and the experiences that you will have in a lifetime...move your body more, walk longer, get sunshine, live a stress-free life. I also share my experiences with my family, friends and coworkers and seeing others improve and start their own fitness journey makes me really happy," he added.



Roldan Pelagio has regained his ideal weight by maintaining a plant based diet.  
CONTRIBUTED PHOTO

## GETTING

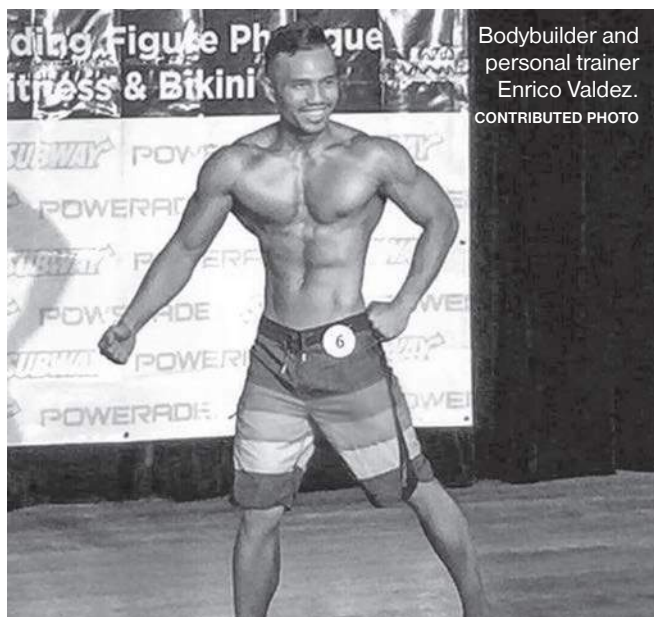
From Page 18

me, I didn't just do it because I wanted to; it was my mom who wanted us to eat right and be healthy. Another advice is to surround yourself with people who do meal preparation and don't be afraid to ask," he added.

Once you've successfully incorporated meal preparation into your routine, it can be a good habit, said personal trainer Arvin Mettao.

"Depending on how well balanced the meals are, your body functions could improve even without the need for exercise. Maybe even lose unwanted weight because you might be straying away from unhealthy foods..."

"Meal prep does not have to be very difficult or expensive. Try and stick to meal



Bodybuilder and personal trainer Enrico Valdez.  
CONTRIBUTED PHOTO

prep for a month—there could be improvements in your health, your performance, and your wallet."

"I tried meal preparation back in 2015 and I saw positive changes in my body image. I

wouldn't say I am doing it for the long haul but there will be periods of time (months) when I would be meal prepping. Not just for the purpose of losing weight but even to gain muscle mass," he added.

## RESEARCHERS

From Page 16

planting only one to date out of three patients who have been entered into the trial.

All study participants, Weinberg said, are treated in the catheterization laboratory, an examination site where cardiac imaging and minimally invasive heart procedures are performed. But some of the patients, according to the rules of the research, receive a "sham" procedure, meaning a minimally

invasive one in which a catheter is guided through an artery in the leg, allowing Weinberg to examine the health of the patient's heart and vasculature, but the coupler is not implanted.

The sham procedure serves as the placebo against which those receiving the actual device ultimately will be compared when study results are analyzed. Doctors elsewhere in the country follow the same rules.

A report last year in the journal *Current Opinion in Cardiology* described resistant

hypertension as affecting nearly half of all people diagnosed with high blood pressure. Many with the resistant form are on at least three medications, including a diuretic, according to the report. An estimated 103 million people nationwide are estimated to have high blood pressure of all kinds — mild, moderate and difficult to control.

"When we reach the end of the road with high blood pressure medicines, that's where this device shines," Galmer said.

## KEEPING

From Page 19

### —AB-EZE (AB-EZE)

Want to add a little something extra to your workout? This suspension trainer is fun, interesting, easy to install and use, and offers a unique way to work your abs and core. The

design is patterned after a trapeze harness found on a catamaran and uses your bodyweight and gravity to give you a solid workout. AB-EZE anchors easily over any door or fixed point. Then, by leaning on the comfortable support pad, your muscles will instantly engage. You can adjust

the intensity by changing your body position or by pressing a button to lengthen or shorten the strap. Use it to "firm and lift the butt; sculpt abs and shrink the waistline; strengthen back; and, shape and define legs." It's also easy to pack up and take with you if you're traveling. \$149.99 at [www.ab-eze.com](http://www.ab-eze.com)





Nicole Tsong learns how to do the advanced "Lizard Walk" from trainer Kyle Long in a crawling and locomotion workout at Judkins Park in Seattle, Wash.



Nicole Tsong works with trainer Kyle Long for a crawling and locomotion workout at Judkins Park in Seattle, Wash.



Nicole Tsong learns how to do the "Lizard Walk" with trainer Kyle Long in a crawling and locomotion workout at Judkins Park in Seattle, Wash.

# Gravity is your friend during an intense workout that'll bring you to your knees

By NICOLE TSONG  
THE SEATTLE TIMES

In the midst of working on a lizard crawl, a complicated series of movements that involves balance and core and shoulder strength, I remembered that the ground—more specifically, gravity—is the best free training tool you have.

I was at Judkins Park in the Central District with local trainer Kyle Long to learn more about crawling. Yes: on hands and knees.

Crawling is a foundational movement for all sports, Long says, and any athlete can benefit. Working with your hands and feet on the ground helps you isolate different body parts for better body awareness, teaches you to engage your core and presents plenty of challenges.

We did a few wrist warm-ups, then Long had me stand straight to focus on core engagement and form. After a plank hold and some rhomboid pushups to work my shoulder mobility and strength, we started with an

inchworm. From a plank, I walked my feet forward in tiny steps to my hands, bending my knees as needed to get to a forward fold, then went back to a plank. It was a good warm-up, and I soon felt the intensity in my shoulders.

After the inchworms, we worked on hands and knees on a bear crawl. Long told me to dig into my toes, and keep my hips level, as I moved forward with opposite hand and opposite knee. He increased the challenge by putting a half-full water bottle on my lower back. If it rolled off or the water sloshed, it meant my pelvis wasn't level.

I moved slowly, and heard sloshing. I tried harder, and still there was sloshing. (Try

it at home; you'll see.) You can add reversing, or switching to moving your right hand and foot at the same time, then left. All the variations require coordination and concentration.

Next, I straightened my arms and legs for an inverted V bear crawl to walk forward and back, head down, core engaged. Long added variations, including bending my elbows as I crawled (hard), and moving sideways, crossing ankles and wrists (very hard).

Throughout, he reminded me to breathe.

I was ready for beginner lizard. Long demonstrated first, placing his right hand and left foot on the ground, and bending his other foot toward his lower back, his left hand floating by his side. He reached his free hand forward to the ground, shifted forward and twisted, bent his free leg into his chest in a side plank variation, then put his foot down in front of his knee. He bent his lower foot this time, picked up his right hand, reached forward and returned to the starting position.

My brain went into overdrive; it looked like the game Twister, without any colorful dots for help.

My turn.

It was easier than it looked, with Long cuing me forward. It also was fun, pushing my body far more than the previous crawls.

But of course, there was more. He showed me how to work a one-arm-style push up into the lizard, which I could barely execute. I asked whether this was advanced lizard.

No.

No? He showed me advanced lizard, hovering a few inches off the ground while moving forward with the same movements. I made one attempt, lost all bearings, then decided I would work on mastering beginner lizard first.

Any of the crawls can be used as a warm-up, or as a daily exercise to strengthen core and improve body awareness. After an hour of crawling, I had gotten a full workout. After years of building strength, I have learned the little things often can make the biggest difference.



Trainer Kyle Long does the inchworm in a crawling and locomotion workout at Judkins Park in Seattle, Wash.



Nicole Tsong works with trainer Kyle Long on getting her "Lizard Walk" down during a crawling and locomotion workout at Judkins Park in Seattle, Wash.

PHOTOS BY BETTINA HANSEN/SEATTLE TIMES/TNS

This advertorial is sponsored by



Nicole Tsong works with trainer Kyle Long on plank movements to begin a crawling and locomotion workout at Judkins Park in Seattle, Wash.



Trainer Kyle Long does the inchworm in a crawling and locomotion workout at Judkins Park in Seattle, Wash.



Nicole Tsong learns how to do the "Lizard Walk" with trainer Kyle Long in a crawling and locomotion workout at Judkins Park in Seattle, Wash.



# Business

## UK lawmakers recommend tougher rules on Facebook

**LONDON (AP)**—The U.K. government should increase oversight of social media like Facebook and election campaigns to protect democracy in the digital age, a parliamentary committee has recommended in a scathing report on fake news, data misuse and interference by Russia.

The interim report by the House of Commons' media committee to be released Sunday said democracy is facing a crisis because the combination of data analysis and social media allows campaigns to target voters with messages of hate without their consent.

Tech giants like Facebook, which operate in a largely unregulated environment, are complicit because they haven't done enough to protect personal information and remove harmful content, the committee said.

"The light of transparency must be allowed to shine on their operations and they must be made responsible, and liable, for the way in which harmful and misleading content is shared on their sites," committee Chairman Damian Collins said in a statement.

The study was due to be

published Sunday, but a copy was leaked on Friday by Dominic Cummings, the director of the official campaign group backing Britain's departure from the European Union.

Social media companies are under scrutiny worldwide following allegations that political consultant Cambridge Analytica used data from tens of millions of Facebook accounts to profile voters and help U.S. President Donald Trump's 2016 election campaign. The committee is also investigating the impact of fake news distributed via social media sites.

Collins ripped Facebook for allowing Russian agencies to use its platform to spread disinformation and influence elections.

"I believe what we have discovered so far is the tip of the iceberg," he said, adding that more work needs to be done to expose how fake accounts target people during elections. "The ever-increasing sophistication of these campaigns, which will soon be helped by developments in augmented reality technology, make this an urgent necessity."

The committee recom-

mended that the British government increase the power of the Information Commissioner's Office to regulate social media sites, update electoral laws to reflect modern campaign techniques, and increase the transparency of political advertising on social media.

Prime Minister Theresa May has pledged to address the issue in a so-called White Paper to be released in the fall. She signaled her unease last year, accusing Russia of meddling in elections and planting fake news to sow discord in the West.

The committee began its work in January 2017, interviewing 61 witnesses during 20 hearings that took on an investigatory tone not normally found in such forums in the House of Commons.

The report criticized Facebook chief Mark Zuckerberg for failing to appear before the panel and said his stand-ins were "unwilling or unable to give full answers to the committee's questions."

One of the committee's recommendations is that the era of light-touch regulation for social media must come to an end.

anywhere," and his administration has opted to use tariffs as a tool intended to leverage more favorable agreements with virtually every major U.S. trading partner. He shredded the trade agreement the Obama administration tried to work out with Pacific Rim nations that had strong backing from farm groups and chief executives from major U.S. corporations.

Republicans also have altered the priority of tackling the national debt, an issue the GOP hammered President Barack Obama on as the country struggled to recover from the 2008 economic crisis. "Our nation is approaching a tipping point," GOP Rep. Paul Ryan of Wisconsin, now the House speaker, said in January 2011 when the national debt hit \$14 trillion.

Today, the Congressional Budget Office projects the \$21 trillion debt will rise to more than \$33 trillion in 10 years. That estimate notes that the tax cut lawmakers passed in December would increase economic output but add \$1.8 trillion to the deficit over the coming decade.

The GOP's evolving priorities are not lost on some

in the party. Rep. Mark Sanford, R-S.C., who lost a close primary election this year after butting heads with Trump on some issues, said he finds it "perplexingly destructive" for the GOP brand.

"It takes a long while to build a brand, but brands can be diminished or destroyed in relatively short order, and I think the administration is destroying bedrock cornerstones to what the party has historically stood for," Sanford said. "There is no conversation on the debt, deficit and government spending these days. That has been a cornerstone."

Sanford made headlines as South Carolina governor when he said he would reject stimulus money approved during the financial crisis because he did not think the country should go into debt to fund recovery efforts.

"Here we are now with a hypothetical \$12 billion bailout package and you don't hear a word," Sanford said. "That is quite a transition in not so many years from decrying what the Obama administration had done with bailouts to now endorsing the idea of bailouts."

# Nation

## Northern California wildfire raging into its fourth day

**REDDING, Calif. (AP)**—Thousands of dazed evacuees struggled to keep their emotions in check while trying to take care of themselves and their pets as a deadly wildfire in Northern California raged into its fourth day.

Anna Noland, 49, was evacuated twice in three days before learning through video footage that the house she last saw under dark and windy skies had burned.

She expected to spend Saturday night at a shelter at Simpson College in Redding while she searches for another place to live.

"I think I'm still in shock," Noland said. "It's just unbelievable knowing you don't have a house to go back to."

Noland is among the 38,000 people evacuated after the Carr Fire roared into the outskirts of Redding in Shasta County, leaving five people dead, including two firefighters, a woman and her two great-grandchildren, ages 4 and 5.

"My babies are dead," Sherry Bledsoe said through tears after she and family members met with Shasta County sheriff's deputies.

Wildfires throughout California have burned through tinder-dry brush and forest, forcing thousands to evacuate homes



A vehicle problem ignited the fire Monday, but it wasn't until Thursday that the fire exploded and raced into communities west of Redding before entering city limits.

On Saturday, it pushed southwest of Redding, the largest city in the region, toward the tiny communities of Ono, Igo and Gas Point, where

scorching heat, winds and bone-dry conditions complicated firefighting efforts.

The fire, which grew slightly Saturday to 131 square miles (340 square kilometers), is the largest fire burning in California. Nearly 5,000 structures were threatened and the fire was just 5 percent contained.

The latest tally of 536 destroyed structures was up from 500 earlier in the day, and sure to rise. A count by The Associated Press found at least 300 of those structures were homes.

Bonnie and Jerry Kieffaber grabbed most of their medications when they left their home in Redding on Thursday, but they forgot his insulin. Days later, police won't let them back inside because it's still too dangerous.

Bonnie Kieffaber, 69, says being away from home is expensive.

"All of our food was there, and now we're draining our checking account trying to keep gas in the car and buy food too," she said while grabbing a hot meal at a Red Cross shelter.



### ACROSS THE NATION

#### 5 relatives dead in murder-suicide; 3 at Texas nursing home

**CORPUS CHRISTI, Texas (AP)**—Police were trying to determine a motive Saturday after they said a man fatally shot four family members at two locations, including his father and stepmother inside a Texas nursing home before killing himself there too. Richard Starry fatally shot himself inside Retama Manor nursing home after killing 85-year-old Ernest Starry and his wife, Thelma Montalvo, Friday night, said Enrique Paredez, a police lieutenant in the Corpus Christi suburb of Robstown. A gun was recovered at the scene. Paredez said a family member later called officers to the couple's home where their 13-year-old adopted son and a 41-year-old son of Montalvo were also found shot to death. The names of the other two sons and Montalvo's age were not released. The reason behind the shootings was unclear, Paredez said at a Saturday news conference. "As far as a motive, the investigation is too premature at this time to determine," Paredez said.

#### Black man accuses Sean Spicer of hurling racial slur at him

**MIDDLETOWN, R.I. (AP)**—A black man yelled at former White House press secretary Sean Spicer in a bookstore and accused Spicer of calling him a racial slur when they were students at a prep school decades ago. Spicer was "taken aback" by the man's "outrageous claim" and had no recollection of him or of being in school with him, his publicist said on Saturday. Spicer was at a book signing

in Middletown on Friday to promote his new book reflecting on his time at the press podium for President Donald Trump. Alex Lombard, who was standing behind a small group of people waiting in line to meet Spicer and get him to sign the book, called out Spicer's name and said they went to Portsmouth Abbey School together. Spicer waved to him and said, "Hey. Yeah. How are you?" Lombard, a Newport native who now lives in Cambridge, Massachusetts, then accused Spicer of calling him the N-word and trying to fight him when they were at school. "You don't remember that you tried to fight me?" Lombard asked. "But you called me a (N-word) first."

#### Sailor's body recovered in Lake Michigan, 1 week after race

**CHICAGO (AP)**—The body of a missing Chicago sailor has been recovered in Lake Michigan one week after falling off a yacht during a race. Chicago police and the Cook County Medical Examiner's Office confirmed 53-year-old Jon Santarelli's body was spotted mid-day Saturday, about six miles from Chicago's Belmont Harbor. Santarelli went missing July 21 approximately five miles east of Navy Pier. His crew's boat had just begun competing in the 110th edition of the Chicago Yacht Club's annual Race to Mackinac. In a statement Saturday night, the yacht club expressed condolences to Santarelli's family, friends and the sailing community. A club official, Nick Berberian, said the club would investigate the death—including Santarelli's flotation device. All competitors in the vicinity suspended racing the day he went missing to help search.

## On trade policy, Trump is turning GOP orthodoxy on its head

**WASHINGTON (AP)**—President Donald Trump's trade policies are turning long-established Republican orthodoxy on its head, marked by tariff fights and now \$12 billion in farm aid that represents the type of government intervention GOP voters railed against a decade ago.

President George W. Bush increased the number of countries partnering with the United States on free trade agreements from three to 16. President Ronald Reagan signed a landmark trade deal with Canada that was later transformed into the North American Free Trade Agreement (NAFTA) and expanded to include Mexico. Both those Republican presidents also enacted tariffs, but their comments on trade were overwhelmingly positive.

"We should beware of the demagogues who are ready to declare a trade war against our friends, weakening our economy, our national security and the entire free world, all while cynically waiving the American flag," Reagan said in a 1988 radio address.

Trump, by comparison, has called NAFTA "the worst trade deal maybe ever signed



# Asia

BY RETURN OF POSSIBLE REMAINS

## N. Korea boosts diplomacy

WASHINGTON (AP)—President Donald Trump thanked North Korean leader Kim Jong Un for “fulfilling a promise” to return the remains of U.S. soldiers missing from the Korean War, as a U.S. military plane made a rare trip into North Korea to retrieve 55 cases said to contain remains.

Close to 7,700 U.S. soldiers remain unaccounted for from the 1950-53 Korean War, and about 5,300 of those were lost in North Korea.

North Korea’s move signals a positive step in Trump’s diplomacy with Pyongyang, and may restart efforts to send U.S. teams into the country to search for additional war dead.

Defense Secretary Jim Mattis cautioned that the transfer of remains “is separate” from what has so far been troubled efforts to negotiate the complete denuclearization of North Korea. But he said it was a step in the right direction following the Trump-Kim summit in Singapore.

“This is obviously a gesture of carrying forward what they agreed to in Singapore and we take it as such,” Mattis told reporters Friday. “We also look at it as a first step of a restarted process. So we do want to explore additional efforts to bring others home.”

Despite soaring rhetoric about denuclearization before the Singapore meeting, the summit ended with only a vague aspirational goal for a nuclear-free Korean Peninsula without describing when and how that would occur.

Subsequent talks between U.S. Secretary of State Mike Pompeo and senior North Korean officials got off to a rocky start earlier this month, with the North accusing the Americans of making “unilateral and

gangster-like” demands on denuclearization. On Wednesday, Pompeo said a great deal of work remains ahead of a North Korea denuclearization deal, but he declined to provide any timeline.

Trump, addressing reporters on the South Lawn, said Vice President Mike Pence would greet the families and the remains of the soldiers.

“We have many others coming, but I want to thank Chairman Kim in front of the media for fulfilling a promise that he made to me, and I’m sure that he will continue to fulfill that promise as they search and search and search,” Trump said.

“These incredible American heroes will soon lay at rest on sacred American soil,” he added.

Pence, the son of a Korean War combat veteran, said in a statement that he will participate in the ceremony when the remains arrive in the U.S. United Nations Command said the remains will be flown to Hawaii immediately after a full honors ceremony in Seoul on Wednesday.

“It is deeply humbling to be part of this historic moment,” Pence said. “We will never forget the sacrifices these brave service members and their families made for our nation and our freedoms.”

Early Friday morning in Korea, a U.S. Air Force C-17 transport plane made a rare trip into North Korea to retrieve 55 cases of what are believed to be remains from the Korean War. The aircraft then flew from Wonsan to Osan Air Base in Pyeongtaek, near the South Korean capital of Seoul.

At the air base, U.S. servicemen and a military honor guard lined up on the tarmac to receive the remains, which

were carried in boxes covered in blue U.N. flags. Officials in North Korea had no comment on the handover, which came on the 65th anniversary of the end of the Korean War.

Once the cases arrive in Hawaii, a series of forensic examinations will be done to determine if the remains are human and if the dead were American or allied troops killed in the conflict.

Mattis underscored that looming question, saying “we don’t know who’s in those boxes.” But he said the gesture is important for families of the fallen, which could include any of the allies that also fought in the war.

“We have families that when they got the telegram, have never had closure,” Mattis said. “They’ve never gone out and had the body returned.”

More than 36,000 U.S. troops died in the conflict, including those listed as missing in action.

The repatriation of remains could be followed by stronger North Korean demands for fast-tracked discussions to formally end the war, which was stopped with an armistice and not a peace treaty. South Korea’s Defense Ministry also said the North agreed to general-level military talks next week at a border village to discuss reducing tensions across the countries’ heavily armed border.

The remains are believed to be some of the more than 200 that North Korea has held in storage for some time, and were likely recovered from land during farming or construction. The vast majority of the war dead, however, have yet to be located and retrieved from cemeteries and battlefields across the countryside.

cy showed damaged houses and the entrance to the popular Mount Rinjani National Park, which was immediately closed for fear of landslides.

Like Bali, Lombok is known for pristine beaches and mountains. Hotels and other buildings in both locations are not allowed to exceed the height of coconut trees.

Indonesia is prone to earthquakes due to its location on the Pacific “Ring of Fire,” an arc of volcanoes and fault lines in the Pacific Basin. In December 2004, a massive magnitude 9.1 earthquake off Sumatra triggered a tsunami that killed 230,000 people in a dozen countries.

Photos released by the agen-

# World

## Palestinian protest icon Ahed Tamimi out of Israeli prison

NABI SALEH, West Bank (AP)—Israel released 17-year-old Palestinian protest icon Ahed Tamimi from prison early on Sunday, after she served her eight-month sentence for slapping and kicking Israeli soldiers.

Ahed and her mother, Nariman Tamimi, were then transferred by the army to the Palestinians territories, where a festive homecoming awaited them in their hometown village of Nabi Saleh.

Ahed was arrested in December after she slapped two Israeli soldiers outside her family home.

Her mother filmed the incident and posted it on Facebook, where it went viral and instantly turned her for many into symbol of resistance to Israel’s half-century-old military rule over the Palestinians. With her unruly mop of curly red hair, the Palestinian teen quickly became an icon.

In Israel, however, she is seen by many as either as a provocateur, an irritation or a



AP

An artist paints a giant mural of prominent Palestinian activist Ahed Tamimi on part of the Israeli separation wall, in the West Bank city of Bethlehem, Wednesday, July 25, 2018.

threat to the military’s deterrence policy.

In Nabi Saleh, supporters welcomed Tamimi home with banners and Palestinian flags planted on the roof of her home. Hundreds of chairs were set up for well-wishers in the courtyard.

Her father, Bassem Tamimi, said he expects her to take a lead in the struggle against Israeli occupation

but she is also weighing college options.

Ahed was 16 when she was arrested and turned 17 in custody. Her case has trained a spotlight on the detention of Palestinian minors by Israel, a practice that has been criticized by international rights groups. Some 300 minors are currently being held, according to Palestinian figures.

## Hundreds of Syrian refugees return home from Lebanon

MASNA, Lebanon (AP)—Hundreds of Syrian refugees started crossing the border from Lebanon on Saturday, the latest group to return to Syria from its western neighbor.

Three buses carrying scores of people crossed the border into Syria in the early afternoon and more than 30 other buses are in Lebanon to carry more refugees later in the day.

Russia has put forward an initiative to return hundreds of thousands of refugees to Syria, and hundreds have returned from Lebanon over the past weeks.

The head of Lebanon’s

General Security Directorate Maj. Gen. Abbas Ibrahim called on Syrian refugees to come to the directorate’s offices to register their names to return home. He added that the move will eventually end up returning “hundreds of thousands” to their homes.

He said that some delays were caused by vetting those that are wanted back home. “We are insisting that no Syrian refugee returns home and then is detained,” Ibrahim told reporters at the border.

Syrian state TV said up to 1,200 Syrians are expected to end up returning on Saturday, adding that

more than 30 Syrian buses crossed into Lebanon to bring them back home.

“I have no words to express my feelings,” a Syrian woman told the channel while aboard a bus after she reached the Syrian side of the border. A teenager in the bus carried a poster of President Bashar Assad with a caption that read: “Together on the roads of victory.”

Many have returned from the northeastern Lebanese town of Aarsal over the past weeks. Most of those heading home Saturday were coming from the southern Lebanese village of Chebaa.

## Dolls, bicycles among charred belongings from Greek blaze

MATI, Greece (AP)—The soot-smothered mermaid doll lying among the detritus of a fire-gutted home may have been in a child’s hands just before the flames swept through.

The little canary’s chirps were probably silenced just as the fire’s choking smoke engulfed its tiny cage. All that remains of a bicycle that was once a child’s pride and joy is now a blackened hulk. And a singed soccer ball with a Chelsea logo won’t be used again for another kid’s pick-up game.

These are a few of the personal items left strewn

among the burnt-out remains of hundreds of homes in the Greek coastal resort community of Mati that was devastated by Monday’s wildfire. They bear silent witness to a resort teeming with life as many families enjoyed their summer holidays.

More than 86 people were either killed by the flames or drowned as they tried to flee the fire into the nearby sea, waiting for hours in the water for rescue from local fishermen and other boat owners.

The speed with which the fire swept through the area

30 kilometers (18 miles) east of the capital of Athens was something never encountered before, firefighters and first responders said.

They said many among the victims were children. Flames had burned so hot that they melted the metal from some cars into puddles.

Greek authorities have already begun the cleanup as crews continue to look through homes for bodies — some so badly charred that it took firefighters two or three passes through the same structures to spot them.

## At least 10 dead, 40 hurt as 6.4 quake hits Indonesia island

JAKARTA, Indonesia (AP)—A shallow, magnitude 6.4 earthquake early Sunday killed at least 10 people and injured 40 on Indonesia’s Lombok Island, a popular tourist destination next to Bali, officials said.

The quake damaged dozens of single-story houses and taller buildings and was felt in a wider area, including in Bali, where no damage or casualties were reported.

The U.S. Geological Survey said the quake struck at a depth of 7 kilometers (4.4 miles).

East Lombok district was the hardest hit with eight deaths, including a Malaysian national, said a spokesman

for Indonesia’s Disaster Mitigation Agency, Sutopo Purwo Nugroho. The number of casualties could increase as data was still being collected from other locations on the island, he said.

The quake also triggered a large landslide from Mount Rinjani. Authorities were still monitoring its impact.

In East Lombok and the provincial capital of Mataram, it lasted about 10 seconds, sending residents to flee their homes onto streets and fields, Nugroho said. He said most of the fatalities and injuries were caused by falling slabs of concrete.

Photos released by the agen-



# Focus

## Exiles seek global scrutiny of Cambodia political crackdown

By **BOPHA PHORN**  
ASSOCIATED PRESS

**WASHINGTON** (AP)—Kem Monovithya, a Cambodian political activist, was visiting Switzerland in September when she got a phone call from her father. Kem Sokha, the leader of Cambodia's main opposition party, told his daughter that government agents were raiding their family's home in Phnom Penh. "He told me: 'They're handcuffing me now,'" Kem Monovithya, 36, recalled in an interview with the Associated Press.

Months later, her father remains in prison, facing charges of treason, and she is in the United States.

She said she can't go home because she fears she, too, will be arrested as part of a government crackdown that has banned the political party her father led, shut down news outlets and scattered hundreds of Cambodian politicians, human rights activists and journalists into exile in the U.S., Australia, Thailand and other countries.

Prime Minister Hun Sen's ruling party, the Cambodian People's Party, has stepped up actions against media organizations and opposition politicians over the past two years as national elections—which are set for Sunday—have drawn closer.

Hun Sen, who had held power for three decades, vowed last year that he'd be willing to "eliminate 100 to 200 people" to protect the nation's security, suggesting his opponents "prepare coffins."

Spokespeople for the ruling party and the government did not answer questions from the AP for this story.

In February the government issued a 132-page book that asserted that "real democracy is not being reversed ... On the contrary, only fake democracy is being uprooted."

The international watchdog group Human Rights Watch says the "civil and political rights environment in Cambodia" has "markedly deteriorated" since the start of 2017. The group says the regime has engaged in "arbitrary arrests and other abuses" and worked to portray peaceful dissent over corruption, land rights and other issues as attempts to overthrow the government.

Kem Monovithya and other exiled members of the banned Cambodia National Rescue Party are keeping the party alive from abroad. They are trying to convince the U.S., the European Union and others to place an embargo on international travel by top Cambodian

officials, but avoid a general economic embargo that would hurt average Cambodians.

They are also asking voters boycott this month's elections, using social media to urge Cambodians to embrace a "clean finger campaign." In Cambodia, voters must dip their fingers in ink after casting their ballots.

A spokesman for Hun Sen's ruling party told Agence France-Presse that those promoting the boycott could face criminal charges for "incitement to obstruct an election."

### 'BEYOND WORDS'

Kem Monovithya and other exiles have traveled around the U.S. and to Europe, Australia, New Zealand and elsewhere to spread their message, talking with diplomats, lawmakers, media and Cambodians living abroad.

As they advocate for change from afar, Cambodia's political exiles are also struggling with a sense of loss and dislocation.

"I miss my family, my kids," said Sia Phearum, a Cambodian land rights activist who fled the country for the U.S. in late 2017, leaving behind his wife and three children, ages 5 to 11. "The pain is beyond words."

Kem Monovithya told the AP that her exile is "a test of my strength and endurance. I am almost homeless." She stays with friends and she isn't sure where she'll be from week to week. "I go where my advocacy takes me," she said.

A month after her father's arrest, one of his deputy party leaders, Mu Sochua, was tipped off by two government officials that she was also going to be arrested. Mu Sochua, 64, said she wanted to stay, but her children convinced her that she should leave the country and work from abroad for democracy in Cambodia.

In late May, Mu Sochua and Kem Monovithya traveled to Norway to attend the Oslo Freedom Forum, a gathering of human rights and democracy advocates.

In a speech at the forum, Mu Sochua urged the international community to impose sanctions "on those who are engaging in the oppression" in Cambodia.

"The democracies of the world should not recognize a government from an illegitimate election," she said.

The U.S. has expressed "grave concern" about the Cambodian government's actions and questioned whether this month's elections will be free and fair. In March, the Trump White House said it



In this July 17, 2018, photo, Kem Monovithya, a Cambodian political activist and daughter of Kem Sokha, the jailed leader of Cambodia's main opposition party, poses for a portrait on Capitol Hill in Washington.

was withholding \$8.3 million in funding for Cambodia's government as part of an effort "to ensure that American taxpayer funds are not being used to support anti-democratic behavior." The EU has threatened a trade embargo and Germany has restricted travel visas for Cambodian government officials.

Japan has continued to provide funding to help underwrite the general election. Exiled Cambodian opposition leaders have appealed to the Japanese government to withdraw the funding.

Cambodian authorities claim that opposition leaders, community activists and journalists are working with the U.S. and other "superpowers" to bring down the government. Hun Sen and other government officials use the term "color revolution" to describe these efforts.

"All armed forces are obliged to absolutely ensure that Cambodia is free from any color revolutions," Hun Sen wrote in a Facebook post in 2016. "Such a revolution will harm people's happiness and peace in Cambodia. Armed forces shall protect the legitimate government."

### 'AUTHORITY OF THE STATE'

Despite the cooling of its relations with the U.S., the Cambodian government has cited Donald Trump's attacks on what he calls "the fake news media" as justification for tighter controls on journalism in Cambodia.

"President Donald Trump thinks that the news reported by these organizations did not reflect the truth, which is the responsibility of the professional reporters," a Cambodian government spokesman

said in a statement weeks after Trump's inauguration. "This means that freedom of expression must respect the law and the authority of the state."

In September, the Cambodian Daily, an English language newspaper known for its aggressive reporting on corruption and abuses of power, announced it had been forced to close as the result of what it said were "extralegal threats" and a sham tax bill from the government.

The paper's final front page included the headline "Descent Into Outright Dictatorship"—and the news that Kem Monovithya's father, Kem Sokha, had been arrested and charged with conspiring with the U.S. to overthrow Hun Sen's government. Hun Sen publicly called Kem Sokha a "foreign puppet."

In May, the Phnom Penh Post, which was considered the last independent daily in Cambodia, was purchased by a businessman who is chief executive of a public relations firm that has worked for Hun Sen's government. After the sale, several top journalists at the paper were fired or resigned.

The government has also closed about 20 radio channels and arrested two former reporters with U.S.-backed Radio Free Asia. The journalists, Uon Chhin and Yeang Southearin, were initially accused of running an "unlicensed karaoke studio" but were later charged with providing a "foreign state with information which undermines national defense."

These troubles are the latest in a country that has endured genocide, civil war and oppression over the past half century. Nearly 2 million Cambodians died in the "Killing Fields" operated by

the Khmer Rouge, the communist regime that controlled the country from 1975 to 1979. Hun Sen took power as Cambodia's prime minister in 1985, but violence between competing factions continued until a peace accord was signed in Paris in 1991.

Over the past decade or more, citizen protests have proliferated over land rights, widespread logging in Cambodia's forests and working conditions in the country's garment factories. In response, the government has arrested dozens of protest leaders, convicting some in court proceedings that Human Rights Watch said "failed to meet even the most rudimentary fair trial standards."

Sia Phearum, the land rights activist, said "the powerful and the rich" profit from development and land grabs while poor people get little compensation for their losses.

"The government and the companies are doing business together," he said. "When you hear of a place being developed, there will be tears and suffering."

### 'TIGERS AND SNAKES'

Some observers trace the regime's increased efforts to curb dissent to the killing of Kem Ley, a political commentator and critic of the regime. He was gunned down in Phnom Penh in 2016—two days after he spoke on radio about a report by the watchdog group Global Witness examining the wealth that Hun Sen's family has accumulated.

His death was widely seen as a politically motivated murder. Throngs of people took to the streets to join his funeral procession. Opposition politicians believe the turnout surprised the government.

Kem Ley's widow, Bou Rachana, had never been involved in politics, but since her husband's murder, she has begun speaking out about her country's political and social ills. She left Cambodia and was granted asylum in Australia earlier this year.

"I could not live in a country full of tigers and snakes," she told AP.

Some exiles believe that the results of the country's district elections in June 2017 further increased fears within the ruling party that it was in danger of losing its grip on power. The Cambodia National Rescue Party won nearly 44 percent of the seats, while the ruling party won less than 51 percent.

The government arrested Kem Monovithya's father three months later. Then in November, the country's Su-

preme Court upheld the government's demand that Cambodia National Rescue Party be dissolved. The ruling banned more than 100 senior party officials from being involved in politics for five years.

"We've lost everything. We don't have the party anymore," Kem Monovithya said. "Our country is in darkness."

She has spent most of her time in Washington, D.C. since her father's arrest. She breaks down into tears, she said, whenever other émigrés ask about him.

She got involved in politics as a teenager in 1993 during the country's first national elections. She traveled the campaign trail with her dad, who won a seat in the legislature. She talked to voters one on one and distributed leaflets outlining his platform.

"We all saw this as the beginning of many great things to come," she recalled. "People believed in the process, because it was administered by the UN."

Hun Sen's political rivals won the vote, but he refused to give up power. He and his opponents agreed to a power-sharing arrangement, but Hun Sen wrested back full power in a military coup in 1997.

Kem Monovithya later worked for United Nations agencies and human rights groups in Cambodia and at the World Bank's headquarters in Washington.

Her father was arrested by the government for the first time in 2006. At the time she was on a plane to the U.S. to drop her younger sister off at college. She led an effort that helped prompt the release of her father and other political prisoners.

That first time he was arrested, she said, he was allowed visitors. Back then, she said, influence from the U.S. and other Western donors helped soften the government's stance against critics. Now, as China has increased its investment and influence, the Cambodian government is less concerned about international opinion, she said.

This time, she said, no one is allowed into the jail to see him. She worries because her father, 65, has health problems that could be worsened by incarceration.

She doesn't know when she'll be able to see him or return to Cambodia. But she said she will find a way.

"I have to go back home, and I will not give up the fight," she said. "It's our country. We cannot allow a small group of people to kick us out of the country forever."



# Life & Style

## It's Rubens vs. Facebook in fight over artistic nudity

**BRUSSELS** (AP)—For four centuries, the opulent, exuberant nudes of Peter Paul Rubens have been known to shock and delight in sometimes equal measure. And now, even in 2018, his Baroque paintings are still jolting the internet.

Belgian museums are uniting in protest against Facebook since they cannot promote Flemish Masters including Rubens at will for fear of falling foul of the social media site's adult content rules and automatic censorship.

"The bare breasts and buttocks painted by our artist are considered by you to be inappropriate. We have noticed that Facebook consistently rejects works of art by our beloved Peter Paul Rubens," over a dozen top Belgian art officials wrote to Facebook CEO Mark Zuckerberg.

The Visit Flanders tourist board even produced a mock news video where security officials prevent visitors from seeing nudity in the Rubens House museum. In it, one even spreads his arms in front of the "Adam & Eve" painting, where the biblical figures are covered only by the proverbial fig leaf. Instead they divert them to other paintings where everyone is properly dressed.

Point made, they hope.

"Twenty percent of the (Facebook) posts that we dedicated to the Flemish Masters couldn't be shown to our audience, our cultural



AP  
In this photo taken on Thursday, July 26, 2018, visitors look at the painting "The Raising of the Cross" by Flemish master Peter Paul Rubens in the Our Lady Cathedral in Antwerp, Belgium.

audience worldwide," said spokeswoman Tama d'Haen of Visit Flanders.

"It's really embarrassing

for Visit Flanders that we cannot show one of our main assets to the world. That's why we came up with the

idea of a video," she said.

Facebook says it understands the issue. Yet even if it allows paintings like those from Rubens to be posted, it has more restrictive rules when it comes to advertising, which "must not contain adult content. This includes nudity, depictions of people in explicit or suggestive positions, or activities that are overly suggestive or sexually provocative."

The Facebook rules go on to say that it includes "nudity or implied nudity, even if artistic or educational in nature."

And that is where Rubens and other masters get caught in the act.

D'Haen said Belgian officials want Facebook to "make a difference between nudity in general, pornographic nudity, which is of course not allowed on their platform, and the nudity which is part of many paintings hanging in Flanders and worldwide."

She said they never get complaints from museum goers about the nudity.

Both sides have agreed to a meeting to discuss the topic in detail. Facebook wrote to The Associated Press on Friday saying that "as part of a longer running and continuous review process, we want to make sure that museums and other institutions are able to share some of their most iconic paintings."

"We are thus currently reviewing our approach to nu-

dity in paintings in ads on Facebook," the statement said.

The issue of censorship wouldn't be unfamiliar to Rubens, who died in 1640. After all, the Roman Catholic church in his time already asked him to paint loin-cloths over body parts of his Venus figures, although he preferred the natural concourse of muscle, skin, and fat.

It was always thus, said Paolo Grossi of the Italian Cultural Institute in Brussels. "Everyone knows the

story of Il Braghettone, the famous Daniele da Volterra who was asked to paint loin-cloths over Michelangelo's nudes in "The Last Judgment," in the Sistine Chapel at the Vatican, Grossi said.

That directive was driven by moral concerns. Grossi, however, wondered if Facebook was now driven "by the need to deliver a politically correct message ... and comply with Facebook's ad and business model to avoid any ripples."

## Once untouchable, 'I Admit' shows that R. Kelly is hurting

**NEW YORK** (AP)—Although Oronike Odeleye is the co-founder of the #MuteRKelly campaign, she is still excited about the embattled R&B superstar's new song, "I Admit."

Not because she is blasting it on her stereo—but because the release of the track confirms that the social media campaign she launched is working, and putting a dent in the entertainer's career.

On Monday, R. Kelly posted the 19-minute track "I Admit" to Soundcloud, singing about his battles and troubles, from allegations he has sexually abused women to his illiteracy to being sexually assaulted himself as a child.

While painting himself as a tragic figure wrongfully targeted, he also sings about loving "older and young ladies" and says his alleged

victims were willing participants in his escapades.

Odeleye says to her, "I Admit" is not a true song: "We're calling it a 19-minute sex trafficking anthem."

"It's really more of the same victim blaming. It's more of the same denying. It's more of the same, 'It's not my fault. It's not my fault. It's everybody's fault,'" she said in an interview with The Associated Press. "While he's saying, 'I admit it'—he's actually not admitting anything."

R. Kelly, who was once acquitted of child pornography charges, appeared unbothered when articles claiming he abused young women resurfaced over the last few years. His social media was filled with inspirational, humorous and musical posts, and he dismissed what he called his haters.

## Man's devotion to his mom spoils wife's travel plans

**DEAR ABBY:** I have been married to my husband for 38 years. We both had long professional careers and saved diligently for our retirement. Our children are on their own and doing well with their careers.

My husband retired six years ago. His daily routine is visiting his mother (every day) in an assisted living facility. It is an expensive place, and they take great care of her. I have just retired. I waited to do it until I was 67, thinking we could start to travel (not move).

My husband has now informed me he doesn't want to go on any two- to three-week vacations because of his mother. He says he needs to see her every day. Abby, the woman is 98 and going strong! There's nothing wrong with her except for some forgetfulness.

I don't understand why he feels he "needs" to see her every day. When I try to question him, he gets angry and upset. He makes me feel like I'm the mean one. This is ruining our marriage. I'm not sure what I can do (if anything) to fix it. Help!

RANKED SECOND IN THE MIDWEST

**DEAR RANKED SECOND:** When a man marries, his wife is supposed to take precedence over his mother. However, because your husband "needs" to do this, you cannot be perceived as standing in his way, which will cause further resentment. His motive may be devotion. It could also be a feeling he could have been a better son in years past.

**I find it hard to believe no one else could check in on your mother-in-law for the two weeks your husband would be away. (It could be one of your children, a sibling, another relative or a trusted friend.)**

**Rather than allow this to affect your marriage, why not consider creating a Plan B? Schedule some trips for yourself. While you're away, send him lovely postcards with upbeat messages from the places you visit. When you get back, if he mentions he missed you, assure him you missed him too, but you understand right now his mother is his first priority.**

**Then tell him that while no one has a contract with God, "with luck" the two of you will have some nice trips together after "Mom" is gone. Provided, of course, that he still wants to travel after her death.**

**DEAR ABBY:** What's the deal with adolescent girls and young women wearing extremely tight and form-fitting yoga/workout pants? Last week, while I was leaving a smoothie shop, I held the door open for a young lady whose pants were so tight I could easily see the outline of her private area.

Yesterday, while I was waiting for my drink at a coffee place, a girl in her early teens walked in wearing similar attire. She was with her dad. In this situation I blame HIM. No father should allow his daughter to wear an outfit in public that leaves nothing to the imagination. These kinds of pants are designed

## DEAR ABBY

By ABIGAIL VAN BUREN  
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

for the gym, and that should be it. Your opinion?

CONSERVATIVE GUY IN FLORIDA

**DEAR GUY:** Obscenity is in the eye of the beholder. While it's possible these young women had just left their workout or yoga lesson, it's more likely they simply find the pants comfortable to wear. My opinion is you should direct your gaze above the beltline, Prince Charming. If their outfits were "indecent," they wouldn't have been allowed inside the businesses.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbook-let Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



# Pastimes

## Calvin and Hobbes

By Bill Waterson

## Garfield®

By Jim Davis



## Adam@home

By Bryan Basset

## The Duplex

By Glenn McCoy



## CROSSWORD

By Eugene Sheffer

**ACROSS**

1 Bread spread  
4 Island off Venezuela  
9 Solidify  
12 Rowing need  
13 Musical symbols  
14 Exist  
15 Research institute  
17 Actress Long  
18 Ga. neighbor  
19 Pooh's pal  
21 Second-hand rental  
24 Crisp cookie  
25 NBC sketch show  
26 Collection  
28 Ravine  
31 Ocho —, Jamaica  
33 Bando of baseball  
35 Volcanic flow  
36 Unemotional  
38 Happy Hour venue

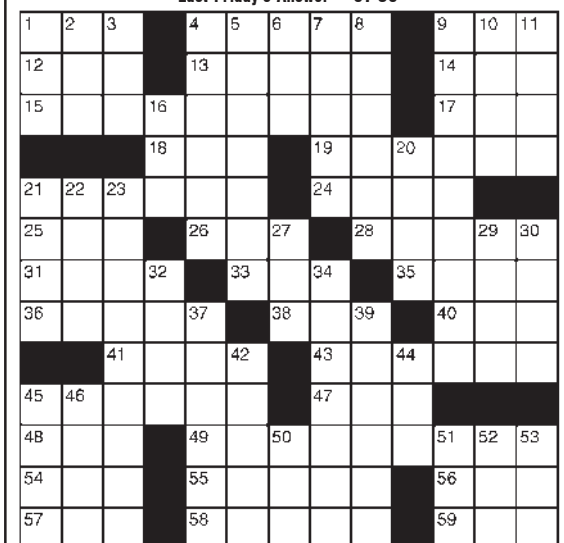
**DOWN**

40 Zero  
41 Narcotic  
43 League newbie  
45 Drink  
47 Iowa college  
48 Fluffy scarf  
49 Famed diarist  
54 A billion years  
55 Nary a soul  
56 Scottish river  
57 "For shame!"  
58 Nymph pursuer  
59 Abrupt turn

**2 Satisfied sigh**  
**3 Hosp. scan**  
**4 Leg joints**  
**5 Spins**  
**6 Tony-winner**  
**7 Natural talents**  
**8 Making inquiries**  
**9 Ship-boarding bridge**  
**10 Buffalo's lake**  
**11 Mad king of theater**  
**16 Super Bowl org.**  
**20 Old name for France**  
**21 Ukr. and Lith., once (Abbr.)**  
**22 Military group**  
**23 Red Cross repository**  
**27 Indent key**  
**29 107, to Cato**  
**30 Robust voice**  
**32 iPhone theft**  
**34 Theft**  
**37 Havana populace**  
**39 House-top laborer**  
**42 Salami variety**  
**44 "— the ramparts"**  
**45 "Yeah, right"**  
**46 Cattle calls?**  
**50 Part of NIMBY**  
**51 Wood-shaping tool**  
**52 PBS funder**  
**53 Beer barrel**

**Solution time: 26 mins.**

**Last Friday's Answer 07-30**



## STUMPED?

For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

**CELEBRITIES BORN ON THIS DAY:** Simon Baker, 49; Terry Crews, 50; Lisa Kudrow, 55; Laurence Fishburne, 57.

**Happy Birthday:** Stop and think before you take on more than you can handle. Don't fall short when it comes to reaching your personal goals. Look at the big picture and set boundaries that ensure you have ample time and the funds you need to finish what you begin. A realistic approach will lead to a year of rewards and successes. Your numbers are 7, 12, 22, 26, 32, 38, 43.

**ARIES (March 21-April 19):** Look for ways to pitch in and help. An energetic approach to finding solutions and bringing about positive changes will make you feel good as well as open up conversations with people who have something to offer. \*\*\*

**TAURUS (April 20-May 20):** Strategy and discipline will be required to reach your destination. Keeping a clear head and having a sensible plan, along with a willingness to listen to what others have to offer, will help you avoid an unnecessary argument. \*\*\*\*

**GEMINI (May 21-June 20):** Keep moving forward. Set your sights on what you are trying to accomplish. Deal with friends, relatives and people you can learn from. Refuse to let emotional matters interfere in what's really important to you. \*\*

**CANCER (June 21-July 22):** Live the dream. Size up your situation and consider what you want to achieve. A creative venue will inspire you to elaborate on an old idea or plan that can offer you a unique lifestyle with

people who share your goals. \*\*\*\*\*

**LEO (July 23-Aug. 22):** Pay more attention to important partnerships. Don't make sudden decisions or changes without getting the go-ahead from those who will be directly influenced by what you do. Keep the peace, listen to reason and be willing to compromise. \*\*\*

**VIRGO (Aug. 23-Sept. 22):** Live and learn. Experience all you can, and ask questions when something eludes you. Consider the changes others make and whether something similar would be good for you if you added your own spin. \*\*\*

**LIBRA (Sept. 23-Oct. 22):** Offer suggestions, and be willing to put more energy into helping those who truly cannot help themselves. Your good deed will be praised by some and criticized by others. Don't worry about what others say or do. Satisfy your needs, not theirs. \*\*\*

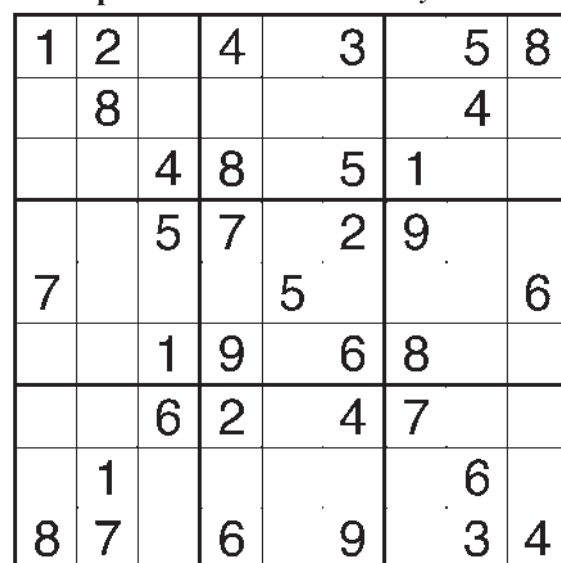
**SCORPIO (Oct. 23-Nov. 21):** Separate your feelings when dealing with matters involving a friend or relative. You'll give far better advice if you are straightforward with your words. Save your emotional interaction for someone you love. Romance, self-improvement and creative endeavors are highlighted. \*\*\*\*\*

**SAGITTARIUS (Nov. 22-Dec. 21):** Take pride in the way you handle your financial and legal matters. Don't let anyone interfere or speak on your behalf. Bring about changes that will ensure a healthy portfolio, less stress and putting an end to pending settlements. \*\*

## SUDOKU

Conceptis Sudoku

By Dave Green



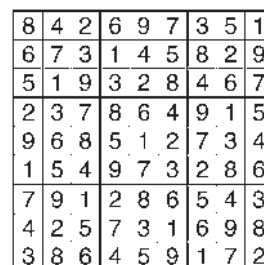
Difficulty Level ★

7/30

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer



Difficulty Level: \*\*\*\*

## EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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**CAPRICORN (Dec. 22-Jan. 19):** Spend more time going over how you have handled matters in the past to ensure you do not make similar mistakes when dealing with professional moves or contractual negotiations. Call the shots; you'll get good results. Make a personal commitment. \*\*\*\*



**AQUARIUS (Jan. 20-Feb. 18):** Don't lose sight of what you are trying to achieve. If you overspend or elaborate too quickly, you will fall short of your expectations. Put your energy into doing the legwork required to reach your destination without going into debt. \*\*\*



**PISCES (Feb. 19-March 20):** Don't feel you have to succumb to what others want or expect you to do. Take the path you feel most comfortable following that allows you to bring about positive financial returns. Romance is encouraged. \*\*\*

**Birthday Baby:** You are broad-minded, innovative and unique. You are energetic and playful. To submit astrological questions to the "Dear Eugenia" column, visit [EugeniaLast.com](http://EugeniaLast.com), or join Eugenia on Twitter/Facebook/LinkedIn.

## WONDERWORD®

By DAVID OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

PLAYING OUTSIDE

Solution: 8 letters

F F D O L O P C H A L K J H H  
R R G U G L B O W L S D C O I  
E I E N P A A R A C A T R P D  
V S I E I S M B E R A S R S E  
O B Y U Z N Y E T C E A G C A  
R E L A Y E N S S O C M N O N  
D E G O L F D U I E O O O T S  
E P Y L P P R A R N T F S C S  
R O O I L O O P N N N I O H E  
O V K N U F G N I C N E F O E  
C S Y A S N O M I S E L T C K  
L T H G I L D E R A D D B R I  
U P H U L A H O O P S S A A D  
B E A N B A G T O S S E L M S  
S H A P P Y E K C O H L L A B

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Badminton, Ball Hockey, Bean Bag Toss, Bingo, Bowls, Catch, Chalk, Clubs, Dare, Darts, Fencing, Fields, Football, Freeze Dance, Frisbee, Fun, Games, Golf, Happy, Hide and Seek, Hopscotch, Horse, Hula Hoops, Kids, Marco, Play, Polo, Pool, Race, Red Light, Red Rover, Relay, Running, Simon Says, Skip, Soccer, Softball, Song, Spud, Tag, Tennis, Volleyball, Yo-yo

Last Friday's Answer: Groundbreaking

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- Must be familiar with CDT dental procedure code for billing
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Must be a US permanent resident  
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Please apply on our website [www.dialrto.com](http://www.dialrto.com)

### JUAN T GUERRERO & ASSOCIATES INC

#### Job Vacancy Announcement

**JOB TITLE:** (3) Domestic Helper

**JOB DESCRIPTION:**  
Perform any combination of cleaning duties to maintain private households in a clean and orderly manner.

**REQUIREMENTS:**

- Must be high school graduate or equivalent.
- Must have at least a few months to 1 year of work experience.
- Must be authorized to work in the CNMI.
- SALARY: \$7.05 to \$7.25 per hour (paid bi-weekly)

*Employment Application and required documents are available at MITA Travel office located at 2nd Floor of Herman's Bakery Bldg., Airport Road, Dandan or via email. Send email request to [resumes@mita-travel.com](mailto:resumes@mita-travel.com). Call 234-7898.*

### SEABRIDGE INC.

#### CITIZEN JOB OPPORTUNITIES

Almost every job now held by an alien in Commonwealth will soon be available for qualified U.S. Citizen. Jobs currently held by foreign workers will require a new federal permit. The new federal transitional worker program will require employers to hire available qualified U.S. Citizen or green card holders before hiring or re-hiring alien transitional workers.

Therefore, our company is inviting interested U.S. Citizens, U.S. Green Card holders and FAS work authorized citizens with 2 years ship repair experience to apply for employment with us.

Our job categories include but are not limited to:

**One (1) Welder**  
**One (1) Marine Mechanic**

We are equal opportunity employer and comply with all CNMI laws relevant to employment. All qualified candidates will receive serious consideration.

Apply by mail only to:

**Seabridge Inc.**  
Attention: Michelle Hamilton  
PMB 170 PPP Box 10000  
Saipan MP 96950





Northern Marianas Humanities Council

Navigating the Human Experience

## Employment Opportunity

### Executive Director

The Northern Marianas Humanities Council (Council) is inviting dynamic, motivated, and self-driven individuals with strong interest and previous experience in the humanities to submit an employment application for the position of Executive Director.

The Executive Director is responsible for overseeing all aspects of the Council's administrative, financial, and program activities under the supervision of the Council's Executive Committee. A detailed description of the Executive Director's duties may be obtained from the Council's office in Springs Plaza, Gualo Rai or from the Council's website at [www.northernmarianashumanities.org](http://www.northernmarianashumanities.org).

Applicants for this position must possess: (1). a Bachelor's degree (Master's degree preferred) in an area of the humanities from an accredited post-secondary institution; (2). supervisory experience of at least three years as a director of programs preferably relating to the humanities and at least three years of experience in Federal programs administration preferably in an area relating to the humanities; (3). a solid knowledge of accounting, budgeting, financial management, marketing and strategic planning; (4). demonstrated experience with resource development, fundraising strategies, and cultivating donor relations; (5). an in-depth knowledge of Northern Mariana Islands culture, history, political and social developments, current events, and he/she must have familiarity with the Pacific region as a whole; (6). an ability to work well in a multicultural setting and a high level of communication and leadership skills.

The salary range is from \$50,000 to \$55,000 depending on qualifications and experience. Benefits are set forth in the Council's Personnel Policy Manual.

Interested individuals are invited to send an application package including (1). letter of interest; (2). detailed resume with proof of educational attainment; and (3). the names and addresses of three references to:

Polly DLG. Masga  
Board Chairperson, Northern Marianas Humanities Council  
P.O. Box 506437, Saipan, MP, 96950

Complete application packages must be received by the Council on or before **4:00 p.m. on Tuesday, July 31, 2018**. The Council reserves the right to extend the submission deadline at its convenience. For more information about this employment opportunity, please contact Council staff at 235-4785.

*The Northern Marianas Humanities Council is an equal opportunity employer.*

### Job Vacancy Announcements

#### YANO Enterprises, Inc. dba: Kinpachi Restaurant

**Assistant Manager (1):** Be able to assist the general manager in the supervision of business establishment to ensure the restaurant & stores efficiency & profitable operations; work closely with the personnel in preparation & processing of reservations, greets & answers customers inquiry, patrons complaints & resolve problems. Prepare advertising campaigns of the restaurant & stores to attract customers. Assist in doing daily inventory of foods, merchandise and assets of the business. Duties include but are not limited to delegating authority & assigning responsibilities, reviewing financial transactions & monitoring budget limitations, & be able to present written & oral reports on the company's financial & operational status. Must have Japanese oral skills & knowledge of Japanese food products.

**Restaurant Waitress (2):** Greeting Customers. Must be able to speak basic Japanese & efficient English & have a friendly & outgoing personality. Should be knowledgeable of the restaurant dishes, familiar with the entire menu the establishment offers. Can introduce & recommend daily specials as well as the restaurant's regular menu items. Continued services after the meal have been served and accept payments & other duties related.

**Cook (6):** Must be experienced & skilled in preparing Japanese cuisine including but not limited to sushi, sashimi, & tempura. Can prepare all menu items according to quantity menus, must know cutting and preparation techniques for each type of fish used in sushi rolls as well as how to prepare rice, sauces and seasonal ingredients, must ensure that ingredients are fresh, colorful and always in stock, that the all-important knives are sharp and clean, and that all equipment is in working order. Must be able to maintain kitchen & observe safety & sanitary food handling practices as well as other related duties.

**General Maintenance (2):** Must have a valid CNMI driver's license and flexible in work hours. Duties may involve skills in electrical, plumbing, carpentry, masonry, painting, landscape or maintain grounds of property using hand or power tools or equipment. Can typically perform variety of task such as sod laying, mowing, trimming, planting, watering, fertilizing, digging, raking and installing , repairing buildings, floors or stairs.

**Additional Requirements:** All applicants must be of good health and have a good moral character, must be able to follow grooming standards, must be able to obtain required food handler health certificate, must be able to provide current police clearance, with reliable transportation and must agree to drug test. Can work in flexible hours including weekends and night time.

Applicants of all positions listed above **except Restaurant Waitress (3 months work experience)** are required to have a minimum of 2 - 4 year experience.

Application by phone call will not be accepted.

We are an equal opportunity employer. Qualified applicants will be considered. Interested applicants must apply in person; applications can be picked up at MISA Building Kinpachi Restaurant in Coral Tree Avenue, Garapan.



THE JUDICIARY - COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Commonwealth Judiciary Administrative Office

Guma' Hustisia, IimwalAweewe, House of Justice • Susupe • P.O. Box 502165 • Saipan, MP 96950  
Telephone: (670) 236-9700/9800 • Facsimile: (670) 236-9702 • Website: [www.justice.gov.mp](http://www.justice.gov.mp)



## EMPLOYMENT OPPORTUNITY

The Commonwealth of the Northern Mariana Islands (CNMI) Judiciary is seeking a highly motivated individual for the position of:

### COMPLIANCE OFFICER

Announcement # JVA18-30

**DUTIES:** The successful candidate will monitor and supervise participants of the CNMI Drug Court by: (1) ensuring public safety; (2) deterring non-compliant behavior; (3) providing accountability in treatment programs; (4) supporting participants' progress; (5) detecting and providing early intervention; and (6) extending the treatment into the law enforcement community. The Compliance Officer will work directly with individuals who have substance abuse addictions and will report to the Community Supervision Officer as the direct supervisor, Drug Court Manager, and court regarding participant compliance in the program. The duties of this position include, but are not limited to the following:

- Provides assistance to the Drug Court Manager in monitoring participants;
- Performs all assigned duties relating to cases scheduled for Drug Court hearings;
- Gathers and evaluates data pertinent to individual drug court cases from resource areas including, as necessary, participants' home, school, church, social agencies, neighborhood contacts, etc;
- Contacts public and private community resources to secure services for participants. Maintains continuing and ongoing relationships with the agencies as necessary;
- Coordinates enforcement of Drug Court orders, including curfews and home detention with law enforcement officers designated to Drug Court;
- Maintains contact with local law enforcement agencies, Drug Court Judge, Office of the Public Defender, Office of the Attorney General, employers, local social service agencies, schools, and others;
- Coordinates investigations in preparation of court-ordered reports staffing and hearings.
- Maintains case records and statistical data for evaluation purposes and for submission to the Drug Court Manager;
- Attends and participates in Drug Court staffings and hearings;
- Attends public relations activities such as community group meetings, conferences, panel discussions, and other related forums;
- Follows policies for monitoring court-ordered payments, such as restitution, fines, and child support payments;
- Works closely with Drug Court caseworkers to support case management, coordination of services, and monitoring;
- Conducts gender-specific drug testing in accordance with the CNMI Drug Court protocols;
- Exercises good judgment in stressful situations
- Proficient with Microsoft Word and Excel and knowledgeable about the use of data systems.
- Complies with applicable local and federal laws, including the Special Act for Firearms Enforcement (SAFE), and court rules and policies; and
- Performs other duties as assigned.

**QUALIFICATIONS AND REQUIREMENTS:** Candidate must have a valid driver's license and a high school diploma or equivalent. Must also satisfy one of the following: (1) associate's degree from a nationally accredited college or university in Criminal Justice or related field, plus at least two years experience as a law enforcement officer; OR (2) four years experience as a law enforcement officer. Military experience may be considered; successful candidates with only military background must complete additional law enforcement training during the probationary period.

Report writing skills and case management experience would be preferred. Criminal background check will be conducted. Applicants with criminal records will not be considered.

Candidate must provide current police and traffic clearances and proof of eligibility to work in the CNMI. Must have a valid drivers' license and operate a court vehicle. Applicants given a conditional offer of employment with the CNMI Judiciary will be required to submit to urinalysis to screen for the illegal use of drugs prior to employment.

**COMPENSATION AND TENURE:** This position is appointed by and serves at the pleasure of the Presiding Judge. The salary range will be \$25,000 - \$28,000 annually.

**INTERESTED PERSONS** may obtain application forms at the Judiciary Administrative Office at the Guma Hustisia/Iimwal Aweewe/House of Justice in Susupe, or at the Superior Court offices on Tinian and Rota. Completed applications, cover letter, and three references should be submitted to:

Human Resources  
Guma Hustisia/Iimwal Aweewe/House of Justice  
P.O. Box 502165  
Saipan, MP 96950  
Tel. (670)236-9818  
Fax. (670) 236-9702  
[michelle.guerrero@justice.gov.mp](mailto:michelle.guerrero@justice.gov.mp)

This job announcement will remain open until filled. Also, this job announcement can be seen and a printable copy of the application downloaded at <http://www.justice.gov.mp>.

THE CNMI JUDICIARY IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



THE JUDICIARY - COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Commonwealth Judiciary Administrative Office

Guma' Hustisia, IimwalAweewe, House of Justice • Susupe • P.O. Box 502165 • Saipan, MP 96950  
Telephone: (670) 236-9700/9800 • Facsimile: (670) 236-9702 • Website: [www.justice.gov.mp](http://www.justice.gov.mp)



## EMPLOYMENT OPPORTUNITY

The Commonwealth of the Northern Mariana Islands (CNMI) Judiciary is seeking a highly motivated individual for the position of:

### COMMUNITY SUPERVISION OFFICER

Announcement # JVA18-31

**DUTIES:** The successful candidate will actively monitors Drug Court participants outside of the Drug Court setting by conducting home and job visits. All client contact and visitations are documented to help encourage positive participant behavior. The Community Supervision Officer will work under the Drug Court Manager to monitor and supervise participants by: (1) ensuring public safety; (2) deterring non-compliant behavior; (3) providing accountability in treatment programs; (4) supporting participants' progress; (5) detecting and providing early intervention; and (7) extending the treatment into the law enforcement community.

The duties of this position include, but are not limited to the following:

- Ensures random drug testing and community supervision practices are in accordance with Drug Court policies and procedures;
- Performs all assigned duties relating to cases scheduled for drug court hearings;
- Coordinates criminal background checks for drug court participants;
- Gathers and evaluates data pertinent to individual cases from resource areas like the participants' home, school, church, social agencies, neighborhood contacts, etc.
- Documents facts with respect to the drug court participants' activities, behavior, and quality of adjustment while on supervision;
- Reports investigative findings and prepares recommendations for the proper case disposition;
- Appears in drug court hearings with the ability to provide testimony on drug court cases;
- Provides periodic interviews of participants to determine effectiveness of Drug Court mandates, supervision, counseling, etc.
- Maintains ongoing relationship with participants throughout the duration of the program;
- Follows policies for monitoring court-ordered payments, such as restitution, fines, and child support payments;
- Plans office activities, conferences and field visits in connection with investigation and supervision functions;
- Maintains accurate, neat, legible and up to date case records in the prescribed form;
- Attends public relations activities such as community group meetings, conference, panel discussions, and other related forums;
- Responsible for and conducts gender-specific, observed drug testing in accordance with CNMI Drug Court protocols;
- Assesses and reviews supervision and drug testing protocols and terms and conditions of supervision regularly to ensure they are still effective for the target populations;
- Complies with applicable local and federal laws, including the Special Act for Firearms Enforcement (SAFE) and court rules and policies; and
- Performs other duties as assigned.

**QUALIFICATIONS AND REQUIREMENTS:** Candidate must have a valid driver's license and a high school diploma or equivalent. Must also satisfy one of the following: (1) bachelor's degree from a nationally accredited college or university in Criminal Justice or a related field, plus at least six months experience as a law enforcement officer; or (2) six years experience as a law enforcement officer. Military experience may be considered; successful candidates with only military background must complete additional law enforcement training during the probationary period.

Candidate must provide current police and traffic clearances and proof of eligibility to work in the CNMI. Must have a valid drivers' license and operate a court vehicle. Applicants given a conditional offer of employment with the CNMI Judiciary will be required to submit to urinalysis to screen for the illegal use of drugs prior to employment.

Applicants must be proficient with Microsoft Word and Excel.

**COMPENSATION AND TENURE:** This position is appointed by and serves at the pleasure of the Presiding Judge. The salary range will be \$28,000 - \$30,000 per annum.

**INTERESTED PERSONS** may obtain application forms at the Judiciary Administrative Office at the Guma Hustisia/Iimwal Aweewe/House of Justice in Susupe, or at the Superior Court offices on Tinian and Rota. Completed applications, cover letter, and three references should be submitted to:

Human Resources  
Guma Hustisia/Iimwal Aweewe/House of Justice  
P.O. Box 502165  
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This job announcement will remain open until filled. Also, this job announcement can be seen and a printable copy of the application downloaded at <http://www.justice.gov.mp>.

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# Riley: Heat will be patient and wait for Wade's decision



LAS VEGAS

(AP)—When it comes to Dwyane Wade, it's clear that the Miami Heat want him back and they're willing to be patient while he figures out his plan.

What's unclear is this: How much they'll have to pay.

Heat President Pat Riley said Friday that he will have talks with managing general partner Micky Arison in the coming days about Wade's future. Realistically, there's only two contract options for Miami to present Wade—the \$5.3 million exception, or the \$2.4 million veteran minimum. The potential luxury tax implications Miami could face next year would rise in either case, and that's what the Heat are trying to avoid.

"That's the abyss that we all deal with in the NBA," Riley said.

Riley said Miami has had talks with Wade and his agent Leon Rose over the summer, though no real detail about those conversations has been revealed by either side.

Wade said at the end of last season that he wasn't certain about playing for a 16th NBA season in 2018-19, and hasn't offered anything in the way of an update since. He has been doing on-court workouts regularly in recent weeks, including a session Thursday in Las Vegas with LeBron James, but that doesn't necessarily indicate a decision about playing or not.

"I think it's best that we give him some more time," Riley said.

Wade left Miami for Chicago in 2016, spent one season with the Bulls, began last season in Cleveland and then was traded back to the Heat in February. Wade appeared in 26 regular season and playoff games with Miami after the trade, all off the bench, averaging 12.9 points.

For his career, the future



Miami Heat guard Dwyane Wade (3) shoots and scores late in the fourth quarter as Philadelphia 76ers forward Dario Saric (9) and Joel Embiid (21) defend in Game 4 of a first-round NBA basketball playoff series, Saturday, April 21, 2018, in Miami.

Hall of Famer is averaging 22.5 points and he leads the Heat all-time lists in several statistical categories.

"I want him back as a player," Riley said. "I want him back as a competitor. I want him back as a guy who wants to have the greatest year he ever had as a player. I read more articles about 'Dwyane being done, he's lost a step, he's not the same player, he might not have the same motivation.' But I still see a player who can contribute heavily if he really wants to."

The same wait-and-see approach is being utilized with fellow Heat veteran Udonis Haslem, who also is weighing whether to return for a 16th season.

Haslem has spent his entire career in Miami, and he and Wade are the only Heat players to be part of all three of the franchise's championship seasons.

"Both players are being respected to the utmost because of their history with us," Riley said. "I'm sure they're sitting down thinking about what they want to do and how it's going to impact the rest of their lives. I do believe, and I hope, that by the middle of August that we'll probably have a decision on both players."

## Capela signs 5-year, \$90M extension with Rockets

In Houston, Clint Capela has signed a five-year, \$90 million

extension with the Houston Rockets.

Capela, who was a restricted free agent, started a career-high 74 games last season in helping Houston reach the Western Conference finals.

The 6-foot-10 center averaged 13.9 points, 10.8 rebounds and 1.9 blocks -- all career-highs—last season. The 24-year-old had 42 double-doubles last season and Houston was 25-2 when he scored 15 or more points.

Capela, who the Rockets drafted with the 25th pick in 2014, has steadily improved in his four NBA seasons and his development has helped him become a key piece of this team led by James Harden, who won

his first MVP award last month.

In Los Angeles, the Clippers have waived guard C.J. Williams, who was a two-way player for them last season.

He averaged 5.5 points, 1.5 rebounds and 1.1 assists in 38 games for the Clippers. Williams appeared in 16 games for the team's G League affiliate in Ontario, California, averaging 16.5 points, 3.9 rebounds and 2.7 assists.

Williams played in France, Greece and Italy and in the G League before signing with the Clippers last October. The 28-year-old guard played four years at North Carolina State.

In Denver, the Nuggets have agreed to a multiyear deal with point guard Monte Morris.

The 6-foot-3, 180-pound Morris was the 51st pick of the Nuggets in 2017 and spent a bulk of the season playing for the Rio Grande Valley Vipers of the G League. He averaged 17.8 points and 6.5 assists.

Morris recently suited up in four games for the Nuggets in the Las Vegas Summer League, where he averaged 17.5 points and 6.3 assists.

The 23-year-old Morris appeared in 140 games while at Iowa State and made the All-Big 12 first-team squad his senior season. Morris had a 5.17 assist-to-turnover ratio in his final season.

He will be contending for minutes behind Jamal Murray and the recently signed Isaiah Thomas.



COSTA MESA, Calif.

(AP)—A year ago at this time, the Los Angeles Chargers' lives were still unsettled amid the upheaval of their franchise relocation season. Some were still looking for houses, and others needed to get kids into school.

When Philip Rivers and his teammates reported to the same sunny spot Saturday for the first practice their second training camp in Orange County, pretty much everyone was feeling perfectly at home.

"Now it's just football," Rivers said. "There's not as much wondering about schedules and what the practice field was going to be like. There's not as much of that uncertainty. It's all football now."

## Settled in after relocation, Chargers eye playoff contention

There's definitely a level of comfort that I think we have now and we can just put our focus on the field."

A year after leaving San Diego, the Chargers are eager to take another shot at living up to their enormous potential. Although they already lost two key players to injuries before training camp even began, the Bolts are aware they're still a popular pick to be a playoff team and likely even a Super Bowl contender.

Those are nothing less than the Chargers' own internal expectations, and they're much more interested in proving themselves right.

"We just want to be the team we know we can be," running back Melvin Gordon said.

"Yeah, expectations are high, but we make them higher than other people make them."

The 36-year-old Rivers has started every game for the Chargers since 2006, and he realizes he has fewer and fewer shots at reaching his first Super Bowl. He won the AFC West and appeared in playoff games during each of his first four seasons as a starter, but the Bolts have made the playoffs just once since that run ended in 2009.

Rivers understands the excitement around the Chargers after their 9-3 finish to last season. He even welcomes it.

"It's interesting, because it's been a while," Rivers said. "I've been on some teams here that had those expecta-

tions, and we went out and did it year after year there for a while. It's been a long time, though. There aren't many guys that have been through that on this team. ... We know there are a lot of expectations outside. We have those same expectations on the inside."

The Chargers return with remarkable continuity from last season's team, with veteran center Mike Pouncey joining a largely unchanged offense and rookie safety Derwin James moving into a solid defense. Their biggest personnel losses happened recently, and did nothing to shake the Chargers' reputation for soul-crushing injury problems: tight end Hunter Henry was lost for the season in May, and former Pro

Bowl cornerback Jason Verrett tore his Achilles tendon Friday in a conditioning test.

The coaching staff also stayed essentially intact, with second-year head coach Anthony Lynn keeping coordinators Ken Whisenhunt and Gus Bradley. Lynn said he feels more confident as a head coach after getting through his first year in good form—and even finishing up his college degree along the way.

"I definitely feel a little bit more comfortable knowing what to expect, not moving and not living out of boxes, knowing where we're going to training camp, and (having a) similar coaching staff and players," Lynn said.

Although the stands at Jack

Hammett Sports Complex were filled with an estimated 7,000 fans for the first practice, the Chargers realize they've still got plenty of work to do if they hope to win over the Los Angeles marketplace in the coming years—particularly with the Los Angeles Rams looking like a potential Super Bowl team as well. Fielding a winning team this fall would be the most potent way to do it, the Bolts players and coaches agree.

But after four consecutive non-playoff seasons, and after the challenges of their relocation year, the Chargers are grateful to settle in for a few weeks of training camp with their thoughts on nothing bigger than the next practice or scrimmage.

Rivers even had a catchphrase for it: "Enjoy the boring."



# J.D. Martinez hits major league-leading 32nd homer



**BOSTON**

(AP)—J.D.

Martinez hit his major league-leading 32nd homer, Mookie Betts had two RBI doubles and the Boston Red Sox beat the Minnesota Twins 10-4 on Saturday night for their 17th win in 21 games.

Betts raised his MLB-leading average to .346 and Jackie Bradley Jr. hit a two-run triple for the Red Sox. They have a 5 1/2-game lead over the New York Yankees atop the AL East and own the majors' best record at 73-33.

Logan Morrison hit a solo homer for the Twins, a night after they appeared to throw in the towel a bit in pursuit of a playoff spot following a pair of trades that sent away infielder Eduardo Escobar and reliever Ryan Pressly.

Boston starter Rick Porcello (13-4) labored through 5 2/3 innings on a steamy night, giving up four runs on five hits, striking out five and walking one. Jake Odorizzi (4-7) gave up five runs on nine hits in five innings.

Trailing 4-1, Boston scored three times in the fourth and moved ahead on Martinez's shot that left Fenway Park over the Green Monster seats in the fifth.

## Angels 11, Mariners 5

In Anaheim, Rookie Francisco Arcia had a homer and six RBI, giving him a major league-record 10 RBI in two career games, and Los Angeles Angels rolled past Seattle.

Arcia made his major league debut Thursday against the White Sox and hit his first career home run while driving in four runs. After not playing Friday, he topped that Saturday with a third-inning homer and run-scoring doubles in the second and fifth innings.

The previous record for RBI in two career games was nine by Joe Cunningham of the St. Louis Cardinals in 1954.

## Royals 10, Yankees 5, 1st Game Yankees 5, Royals 4, 2nd Game

In New York, Greg Bird homered to begin a two-run rally in the eighth inning and New York survived a rough outing by newly acquired reliever Zach Britton and a tumble by CC Sabathia, beating Kansas City for a split of their day-night doubleheader.

In the opener, the Royals tagged All-Star ace Luis Severino for six runs in 4 1/3 innings. The doubleheader was caused by a rainout Friday.

Bird opened the eighth with a drive off Brian Flynn (2-2) that made it 4-all. The Yankees went on to load the bases and Aaron Hicks hit a go-ahead sacrifice fly.



Aroldis Chapman worked around a leadoff single and a walk for his 27th save.

Dellin Betances (2-3) threw a scoreless eighth.

## Rangers 7, Astros 3

In Houston, Rougned Odor hit an inside-the-park homer and a regular over-the-fence shot, going 5 for 5 to help Texas beat Justin Verlander and Houston.

Odor rocketed a ball to right-center field in the fifth inning that George Springer made a leaping attempt on but missed. The ball ricocheted off the wall and rolled along the warning track. Odor raced around the bases and beat the throw home for his first career inside-the-park home run. Odor hit his second home run of the night in the seventh off new Astros reliever Ryan Pressly.

## Cardinals 6, Cubs 2

In St. Louis, Marcell Ozuna hit a grand slam in a six-run first inning, Miles Mikolas pitched six strong innings and St. Louis beat Chicago in front of a season-high 47,514 fans at Busch Stadium.

The Cardinals improved to 9-6 this season against the NL Central-leading Cubs.

Ozuna hit his second grand slam this season and the fifth of his career. Ozuna had three hits.

Jose Martinez drew a bases-

loaded walk from Jose Quintana (9-7), and Ozuna followed with his 11th home run.

## Dodgers 5, Braves 1

In Atlanta, Yasiel Puig homered and drove in three runs following his return from the disabled list, Alex Wood pitched 5 2/3 scoreless innings to win his sixth straight decision and Los Angeles beat Atlanta.

Reinstated after missing 15 games with a right oblique strain, Puig made it 1-0 with a sacrifice fly in the second off Max Fried (1-4) and pushed the lead to 3-0 in the sixth with his 12th homer, a towering shot off Luke Jackson that bounced off the third-level scoreboard facade in left field.

## Brewers 7, Giants 1

In San Francisco, Jhoulys Chacin pitched three-hit ball over seven innings, Christian Yelich homered for the second time in three days and Milwaukee beat San Francisco.

Chacin (10-3) was masterful while earning his fourth consecutive win. The right-hander yielded one run, struck out six and walked one. Chacin allowed only two runners and faced one over the minimum until Nick Hundley's leadoff home run in the sixth. He also gave up a two-out single to Ste-

ven Duggar in the sixth and a two-out double to Pablo Sandoval in the seventh.

## Diamondbacks 9, Padres 4

In San Diego, Jon Jay hit a go-ahead, two-run double in the eighth inning and finished with three hits and three RBI to lead Arizona past San Diego.

Jay, who played with San Diego in 2016, also brought in a run with a groundout in the second, when the Diamondbacks took a 4-0 lead against Tyson Ross, who has been rumored to be on the trading block.

The Padres got back into the game, with Ross hitting a tying single in the fourth, but their bullpen faltered in the eighth. Daniel Descalso hit a leadoff single off Phil Maton (0-1) and Jeff Mathis sacrificed before pinch-hitter Chris Owings walked.

## Rockies 4, Athletics 1

In Denver, Nolan Arenado homered for the second time in two games, Carlos Gonzalez doubled three times and Colorado beat Oakland for its 10th win in 12 games.

Antonio Senzatela shook off a first-inning run to pitch effectively into the sixth of a game that was delayed 51 minutes at the start because of a storm cell that was moving through the greater Denver area.

Pat Valaika homered and singled to drive in two runs and Tom Murphy added a run-scoring triple for the Rockies. Oakland lost back-to-back games for the first time since dropping four straight in mid-June and had its 11-series (10-0-1) unbeaten string snapped.

## Orioles 11, Rays 2

In Baltimore, Trey Mancini and Joey Rickard combined for seven hits, including back-to-back home runs in the second inning, and Baltimore breezed past Tampa Bay.

Mancini had a career-best four hits and his homer especially delighted the fans, who were given a bobblehead in his likeness. Rickard got three hits and matched a career high with five RBI.

Caleb Joseph also had three hits. Mancini, Rickard and Joseph, the bottom third of the Orioles' order, went 10 for 12 with nine RBI.

## Pirates 5, Mets 0

In Pittsburgh, Trevor Williams outdueled Jacob deGrom in Pittsburgh's victory over New York.

Williams (9-7) allowed five hits in six innings with five strikeouts and three walks. He hasn't allowed a run in 17 straight innings.

The Pirates have won 13 of their past 15 games, while the Mets have lost two straight

Boston Red Sox's J.D. Martinez, left, watches his solo home run against the Minnesota Twins during the fifth inning of a baseball game in Boston, Saturday, July 28, 2018.

after winning their previous three games. DeGrom (5-6) lost for the fourth time since June 28. He allowed three runs on eight hits, his most surrendered this season, with five strikeouts in seven innings.

## Reds 6, Phillies 2

In Cincinnati, Joey Votto drove in the go-ahead run with a sharp single that glanced off second baseman Cesar Hernandez's glove, leading Cincinnati past Philadelphia.

Votto drove in two runs and four players each knocked in one. The Reds are last in the NL Central but beat the East Division-leading Phillies for the second straight day.

Wandy Peralta (2-2) got the win with 1 1/3 innings of relief. Sal Romano and Jared Hughes each got double-play balls to finish the seventh and eighth.

## Tigers 2, Indians 1

In Detroit, JaCoby Jones hit a go-ahead, two-run homer in the third inning to help Detroit beat Cleveland.

Blaine Hardy (4-3) gave up a run over five innings. Three relievers combined to pitch four innings of scoreless relief. Shane Greene retired the side in order in the ninth for his 21st save.

## White Sox 9, Blue Jays 5

In Chicago, pinch-hitter Daniel Palka gave Chicago the lead with a two-run single and Leury Garcia added a three-run triple in a six-run eighth, lifting the White Sox over Toronto.

Garcia finished 2 for 4 with a career-high four RBI. Yolmer Sanchez and Nicky Delmonico each homered for Chicago, which snapped a three-game losing streak.

Lourdes Gurriel Jr. had two hits to extend his multihit streak to a Toronto-record 10 games. Russell Martin also homered for Toronto, which blew a 5-1 lead.

## Marlins 2, Nationals 1, 10 innings

In Miami, J.T. Realmuto singled with the bases loaded and none out in the 10th inning, and Miami snapped a streak of eight consecutive home losses to Washington.

Miami beat Washington for only the second time in the past 18 meetings.

Brett Graves (1-1), Miami's sixth pitcher, worked a perfect 10th for his first career win.



# Ronaldo set for Juventus league debut at Chievo Verona

**MILAN** (AP)—Cristiano Ronaldo will likely make his Juventus debut at Chievo Verona as the Bianconeri kick off their attempt to win a record-extending eighth league title at the Stadio Bentegodi.

The 2018-19 Serie A fixtures were announced on Thursday. Juventus signed Ronaldo from Real Madrid earlier this month for 112 million euros (\$131.5 million).

The season starts on Aug. 18 and the first weekend also sees Napoli visit Lazio. Juve's first home match is against Lazio the following weekend.

AC Milan hosts Genoa and Inter Milan visits Sassuolo in the opening weekend, while Roma travels to Torino.

Napoli, which finished second in an exciting title race last season, has a new coach in Carlo Ancelotti.

It has a tough start to the season. After Lazio, Napoli plays AC Milan, Sampdoria, Fiorentina, Torino, Parma and Juventus.

The weekend Napoli visits



In this Saturday, Jan. 25, 2017 file photo Real Madrid's Cristiano Ronaldo of Portugal tries to score in between opposition players during a Spanish La Liga soccer match between Real Madrid and Granada at the Santiago Bernabeu stadium in Madrid, Spain.

Juventus also sees Roma host Lazio in the capital derby.

The first Milan derby will be in the weekend of Oct. 21, in week 9, while the first Derby d'Italia between Juventus and Inter is in week 15 in Turin.

Juventus then immediately plays another derby match, at city rival Torino.

Juventus has a tough finish to the season, with the reverse fixtures against Inter and Torino as well as matches against

Fiorentina, Roma and Atalanta in its final six games. Massimiliano Allegri's side ends the season away at Sampdoria.

Napoli visits Bologna on the final day, on May 26, the weekend after hosting Inter.

For the first time, all 10 teams will play on Dec. 26.

Meanwhile, Spain's Tax Office has accepted a deal with Ronaldo to plead guilty to tax fraud and pay a fine of close to 19 million euros (\$22 million) in exchange for a reduced prison sentence that will likely be suspended.

A source with knowledge of the deal confirmed to The Associated Press on Thursday the

agreement will be finalized in the coming days.

The deal was first reported in Spanish media.

In Spain, a judge can suspend sentences for two years or less for first-time offenders.

Ronaldo had already reached a tentative deal with the state prosecutor's office, but Spain's tax authorities had yet to sign off on the agreement.

## SCHORR

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ing with Clement for the last few years," said CNMI team coach Jeff Race, who is with Schorr and other CNMI players competing in Fiji.

Schorr and Ken Song bowed to Mainguy and fellow Vanuatu player Marlin Hannam in the doubles semifinals of the same tournament last year. Also last season, Schorr fell to Guines in the singles semis. Guines eventually won the event last year, but Schorr foiled his title defense bid with a two-set victory last Saturday.

The CNMI player's win in the singles finals also prevented Guines from sweeping the age group competition. Guines and compatriot Mohearii Polin earlier took the boys U16 doubles title after slipping past the Vanuatu duo of Mainguy and Warea Tigona, 6-7 (5), 6-4, 11-9. The Tahiti pair moved into the finals after beating Schoor and Song, 6-3, 7-6 (4), while Mainguy and Tigona won over the Norfolk Islands' Sam Cribb and Fiji's Maka Ofati in the other semis pairing, 6-1, 6-1.

In other results, Conatsu Kaga finished fifth in the girls U16 singles after prevailing against Vanuatu's Desiree Signo, 6-4, 6-3, and fellow CNMI player Malika Miyawaki, 6-2, 6-3. Miyawaki was ranked sixth, while Samoa's Eleanor Schuster ruled the division following a 6-2, 6-1 win over Vanuatu's Rosa-

lie Molbaleh. In the doubles, Molbaleh paired with Fiji's Saoirse Breen and the No. 2 seed stunned No. 1 Lea Lamorelle and Schuster in the finals, 2-6, 6-2, 10-7.

In the boys U14 singles, Jimin Woo made it into the title game after downing Fiji's Storm Cornish, 6-3, 7-5. Woo was then paired against No. 1 seed Manovai Elie in the finals with the Tahiti player laboring through a 7-5, 3-6, 10-6 victory to avoid the former's upset axe.

In the consolation game, Seung Jin Paik notched the No. 5 spot in the overall rankings after outclassing No. 3 seed and Fiji's Ofati, 4-6, 7-6 (8), 10-6. Paik and Woo joined forces in the doubles and settled for the runner-up honors as they were defeated by the unranked pair of Cornish and the Solomon Islands' Lachlan Guba in the finals, 6-3, 7-5.

In the girls U14, Coume Kaga finished fifth in the singles event following a 6-3, 6-3 win over Samoa's Penina Kamu. Zorika Morgan topped the singles event after beating Tahiti's Chrissy Bonge, 6-4, 6-1. Morgan also took the doubles crown with fellow Solomon Islands player Prudence Bird after they swept Vonge and Vaiani Dusserre-Valleaux in the finals, 6-0, 6-1.

Meanwhile, in the U12 team event, the Cook Islands won the boys competition, while Samoa prevailed in the girls field. The CNMI finished sixth in the boys division.

## Johnson trying to recover from ugly British Open



**OAKVILLE, Ontario** (AP)—

Top-ranked Dustin Johnson used a fast start and a late eagle to grab a share of the lead Saturday in the RBC Canadian Open.

Johnson shot a 7-under 65 at Glen Abbey to match Kevin Tway, Byeong Hun An and Whee Kim at 17-under 199.

"I like the golf course, I feel

like my game's in really good form, I've got a lot of confidence in it," said Johnson, who tied for second at Glen Abbey in 2013 and 2016.

Johnson birdied the first three holes and five of the first six, then rebounded from two back-nine bogeys with a birdie-birdie-eagle run. He's seeking his third victory of the season and 19th on the tour.

"I'm going to have to go out

and play really well tomorrow," Johnson said. "There's definitely low numbers out here. There's a lot of guys right around the lead and somebody's going to go shoot low. Hopefully it's me."

Tway, the second-round leader, had a 68. He's trying to win his first PGA Tour title in the event where father Bob Tway won the last of his tour titles 15 years ago.

persistent in the second half, hoping to find a lapse on the Teen Ayuyus' defense, but was repeatedly frustrated.

"Mongolia fought back, but our team stayed collective and organized. After playing against our groups 'giants'—China and Japan—the boys used that painful experience to strengthen them for this game. Every single person on the field worked for this result and the

team is super excited to bring such awesome news to their family and supporters back home," Vargas said.

In shutting down Mongolia, the CNMI went to its usual starting 11—goalie Jonathan Mindaoa, captain Taka Borja, Daniel Pablo, Oliver Fajardo, Rintaro Miyawaki, Brian Lubao, Razeff Altamirano, Brandon Tenorio, Rinto Takahashi, Ian Maniago, and Reginal Pascual. Floyd Muna,

Jon Villagomez, John Ezekiel Canape, Jason Quimzon, and Merrick Toves were the substitutes.

Meanwhile, the Teen Ayuyus faced Chinese-Taipei in their final game in the tournament last Saturday and held their opponents to four goals. Chinese-Taipei scored six goals against Mongolia before facing the CNMI, which opened the competition with a 1-0 win over Macau.

## TEEN

From Page 36

from defense to offense, they were able to create opportunities to score.

"One of our shots hit the cross bar, while another one floated right on top of the cross bar," the team manager said.

Mongolia, which entered the match against the CNMI with a win (versus Guam, 4-2) to its credit, remained

## PALAU

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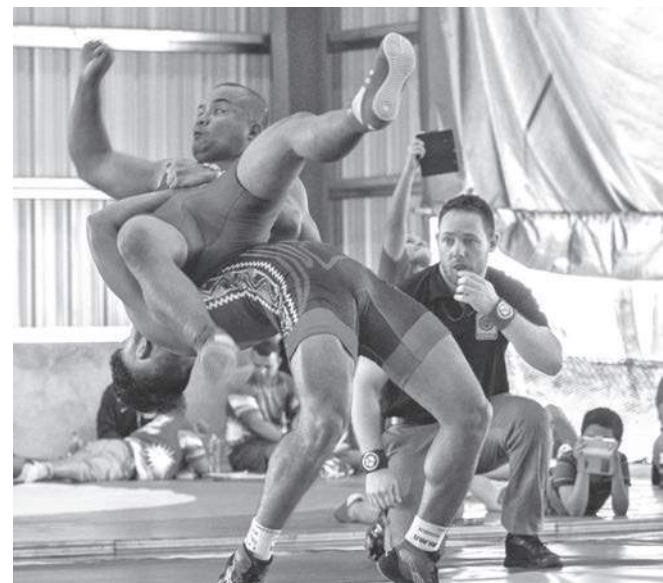
medal output in Yap was better than its total (34) in Pohnpei in 2014. However, in Pohnpei, Team Marianas had more gold medals with 14.

After nearly two weeks of competition in Yap, majority of the islands' delegation (athletics, weightlifting basketball, and baseball teams) were scheduled to return home last night.



HIROYUKI MORI

A CNMI batter waits for the pitch, while a runner gets ready from third base during their game against Pohnpei last week in the 9th Micronesian Games in Yap.



HIROYUKI MORI

A Kosrae wrestler, bottom, attempts a takedown against his Palauan foe during their match in the 9th Micronesian Games in Yap last week.



# CNMI vs China in EAFF U15 Tournament

CONTRIBUTED PHOTOS



The CNMI's Brandon Tenorio, left, battles China's Wen He for possession during their game in the East Asian Football Federation U15 Boys Tournament last week in Xianghe, China.



Members of the CNMI Boys U15 National Team do warm-up drills before their game against China.



The CNMI's Ian Karl Maniago, left, receives a pass from his teammate, while China's Zihan Gui steps in on defense.



Assistant coach Jeresh Angeles leads a team meeting after their match versus China.



CNMI defenders steps in, as China's Yuwang Xiang attempts a shot.



The CNMI's Oliver Fajardo, left, tries to keep possession, while China's Zihan Gui stays close to him.



CNMI defenders prepare against China's corner kick.



CNMI and China players and game officials exchange high-fives before the start of the game.





Riley: Heat will be patient and wait for Wade's decision

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# Saipan Tribune Sports

J.D. Martinez hits major league-leading 32nd homer

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SAIPAN TRIBUNE

36 MONDAY, JULY 30, 2018

# Schorr secures singles title

By ROSELYN B. MONROYO  
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REPORTER

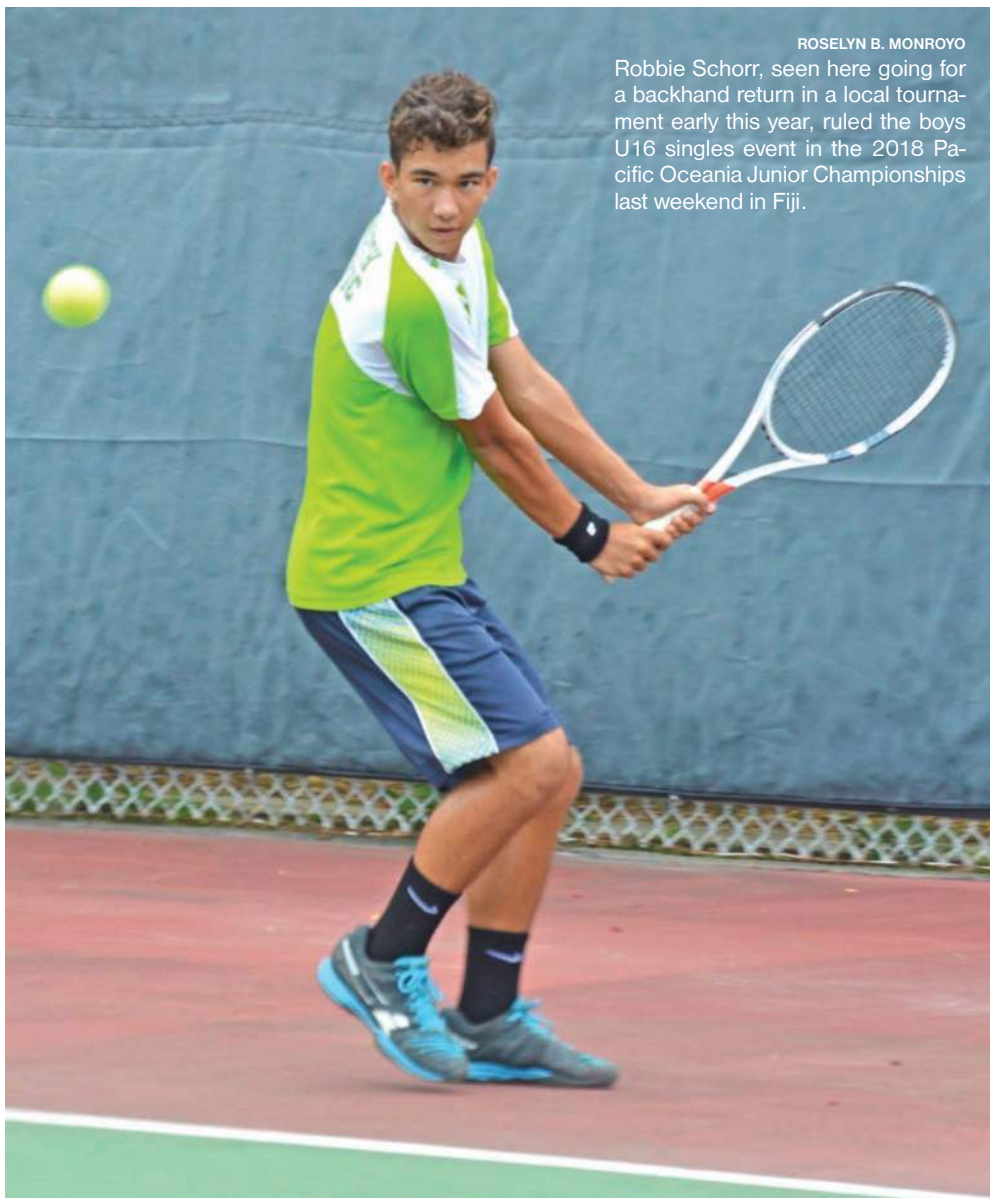
The CNMI's Robbie Schorr stunned two higher-seeded opponents en route to clinching the boys U16 singles crown in the 2018 Pacific Oceania Junior Championships last weekend in Fiji.



The No. 3 Schorr first pulled off an upset over No. 2 Clement Mainguy of Vanuatu last Friday, 7-6 (5), 6-0, to advance to the finals against No. 1 seed Jeremy Guines of Tahiti. The title match was played last Saturday and Schorr rode on the momentum of his semis win over Mainguy to sweep Guines, 6-4, 6-3.

"It was a big win for Robbie, who has lost every meet-

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ROSELYN B. MONROYO  
Robbie Schorr, seen here going for a backhand return in a local tournament early this year, ruled the boys U16 singles event in the 2018 Pacific Oceania Junior Championships last weekend in Fiji.

## Palau rules 9th Micronesian Games; CNMI finishes fifth

By ROSELYN B. MONROYO  
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REPORTER

The 9th Micronesian Games wrapped up last Friday in Yap with Palau emerging as the overall champion after collecting 32 gold medals, 18 silvers, and 20 bronze.

Palau, which ruled the quadrennial event it hosted in 2010 with a 54-44-31 gold-silver-bronze tally before Guam (42-27-12) won the 2014 competition in Pohnpei, returned to the top after making a killing in medal-rich sports—athletics and wrestling.

Palau won 13 medals in wrestling—11 of them were gold medals—and 16 (five golds) in athletics. However, Palau's rise to the final medal tally was made possible by its domination in the table tennis, two days before the Micro Games concluded. The overall champions bagged 16 medals (six golds) in table tennis to steal the thunder

from the Marshall Islands (29-17-6) and Guam (29-12-12).

The Marshall Islands managed to get the lead in the medal tally for one day after hauling down 30 medals (27 golds) in weightlifting, while Guam was able to tie the former's total gold output after prevailing in the women's volleyball finals (incidentally against the Marshall Islands) in the last day of the competition.

Meanwhile, the CNMI joined Palau, Marshall Islands, Guam, and Pohnpei (18-33-19) in the Top 5 after getting 36 medals—nine golds, 18 silvers, and nine bronze.

Like the Marshall Islands, Team Marianas also benefitted from the notable performance of its weightlifters who won 15 medals (six golds, seven silvers, and three bronzes).

The Commonwealth's

See PALAU on Page 34

## Teen Ayuyus force Mongolia to scoreless draw

By ROSELYN B. MONROYO  
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REPORTER



The CNMI Boys U15 National Team flaunted their defense during their penultimate game in the East Asian Football Federation U15 Boys Tournament after holding Mongolia to a scoreless draw last Friday in Xianghe, China.

"The boys went into the game motivated and determined to win. It's no secret that Mongolia is definitely the better team. But our heart, determination, and spirit gave us the fighting chance we needed to make it anyone's game," team manager Mikky Vargas said.

"Coach Mita (Michiteru) noted that our team's defense has improved so much. Our players were very well organized, compact, and collective throughout the whole game. It

was because of their discipline in staying collective that we were able to stop many of the opposition's scoring opportunities. He also noted the improve-

ment in our transitioning from defending to attacking. We saw their confidence in receiving the ball and keeping possession within the team even if there

was high pressure from Mongolia," Vargas added.

With the Teen Ayuyus managing to transition their game

See TEEN on Page 34



Three CNMI defenders chase down a Japanese player during their game in the East Asian Football Federation U15 Boys Tournament last Thursday in Xianghe, China.

MICRO GAMES 2018				
MORE THAN JUST GAMES				
FINAL MEDAL TALLY				
	Gold	Silver	Bronze	Total
Palau	32	18	20	70
RMI	29	17	6	52
Guam	29	12	12	53
Pohnpei	18	33	19	70
CNMI	9	18	9	36
Yap	5	12	14	31
Chuuk	5	1	3	9
Kiribati	2	2	2	6
Nauru	2	2	1	5
Kosrae	0	4	10	14

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